



'I'VE HAD TO REALIZE I'M NOT SPECIAL...'

**Margaret Trudeau on her illness,
death in the family, and discovering who
your real friends are p.17**



MACLEAN'S

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RUSSIA GOES TO HELL

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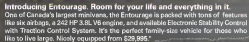
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**AVIAN FLU:
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PROBLEM FOR BIRDS P. 4**





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MAIL BAG

'As a feature story, the Thomson piece puts Maclean's right up there with The New Yorker and The Atlantic Monthly'

THE THOMSON SAGA

DRAY, AFTER READING the excellent piece on the Thomsons ("Canada's richest family, the Thomsons, are worth \$13.6 billion and they're just a little bit strange," Profile, May 8), I share today my own strange feelings and set out on a proper course. Special kudos to writers Anne Kingston and Nicholas Keller. As a feature story, the Thomson piece puts Maclean's up there with The New Yorker, Harper's and The Atlantic Monthly. *Martin O'Malley, Toronto*

MANY YEARS AGO I taught David Thomson. I found him to be a very pleasant young fellow. Today I see him on just covers, along with his sister. The accompanying story recounts the Thomson family's problems with incestuous sex. These problems are common to many families in our times. In the case of the Thomsons, they are only highlighted by the vast amounts of money involved. The kind of incest between Maclean's and not what I want as a subscriber. *David Lantieri, Knoxville, Ont.*

IF THEN I LOOK at the top, I'm going to quit buying. Lots of 648 tickets just in case I win. *Mary-Bridget C. Catherine, Ont.*

IF ONLY HERE you can spill the much ink. Much of the story is taken up with the report of the strange sex relations contained in the court filings of the budding parties. Your readers should know that these are boilerplate, the grist for the mill of sensational litigation. The high-priced legal talent notwithstanding, the case story is mainly turned out in family court cases on child and. *Michael Walsh, Vancouver & Solina, Edmonton, Ont.*

FATHERS KNOW BEST

IN KENNETH WHITE'S discussion with psychiatrist Stephen Poulter, he asks how much time he should be spending with his own 10-year-old daughter (Interview, May 1). The second is if he's trying to schedule her to. Whoever happened to spending time with your child just for the sheer joy of it? Like White and Poulter, I have a 12-year-old daughter (a lovely child) and I would not even think of my having any wife time. Whoever there is a book that goes on a ritual, by the

glug work circumstances, I make sure I am there. Her smile and the little wave she sends me when she makes a break, or her secret thumbs-up signal when I know she has done well at a video composition, mean more to me than any game on TV or my work-life obligations. In the not too distant future, she will begin to know me out. But until then, these are only times in chaos. *Alex Perle, New Orleans, N.S.*

I TAKE EXCEPTION to Poulter's comments about fatherless families and his analogy that fatherless boys and girls tend to be angry

young readers are paying close attention to did Maclean's just get another? *Diane Rogers, Hagerberg, B.C.*

EIN-STERN OR NEIN?

A NEW WEEK after reading the Toronto Star on Tim Haines, which had Haines' review as a headline ("Still we gather at the cradle?" Books, May 8), I read Steven's take on the "suspensions at the heart of the all-versed social-democratic state." Laughing at the Star's story would have been easy, to keep contempt upon it, easier still, but Steven took this thing down to the bottom and wended with it there. Supply the best writing I have ever read in Maclean's. *Dan Gershtick, Toronto*

ALL I CAN SAY is wow! This is powerful writing. What a Steven like when he goes up. *Leonard Holman, St. Simons Island, Ga.*

I FOUND STEVEN'S review of my biography *Fear: The Life and Music of Miss Peggy Lee* to be everything he apparently says my book not to be—snide, smug, enlightening ("I) is that all there is, Mr. Richardson?" Books, April 12). Happily, I didn't have a slog through any of it, as he had to slog through my book. And I am quite envious of his ability to unearth reasonably why someone about Miss Lee this opportunity were for more. I am sure that any of the hundreds I've able to write across the last years of writing, researching and interviewing those who have. In particular, I am grateful to him for excerpting a paragraph of a book which he found particularly bland and worthy of being, obviously, in my own book, he couldn't find a single sentence or observation which would praise, so, really, I am grateful he uprooted anything at all. Clearly, as an accomplished author himself, Mr. Steven has never written a bad paragraph, or a sentence that he wasn't proud of, if he had, then surely he would have understood how beneficial it is to have a reviewer randomly choose a flat section of writing for voluminous ridicule. Furthermore, I can't help thinking what a shame it was that the reviewers of the New York Times, Boston Globe, Baltimore Sun, Cleveland Plain Dealer and Entertainment Weekly did not have access to Steven's opinion before they wrote their own past reviews. Perhaps they would have been able to rethink their opinions once

people. Being from a fatherless home myself, I have often to be a source of agonizing people who are not and out of their behavior according to studies of their small sample groups. What I did not have has made me strong, not angry. My three married daughters and one granddaughter have seen a very happy father and grandfather who continues to be an integral part of their lives. I feel sorry for the children of psychologists who must live an analytical life. *Bob Clarke, Oakland, Mass.*

POINTED DETAILS

YOU STATE that Phil Taylor and Raymond van Barneveld perform as the "most prolific snooker of sports, snooker" ("Snooker takes on our from snooker rules," Interview, May 1). These two are actually world-class players on the equally skilled but somewhat less pedestrian game of darts. Was this a test to see if

'Another CV Technologies product is Remember-fX, which has been touted by a celebrity doctor. I now await Gettitt-fX.'



ROYAL NIELSEN "Even if your writer doesn't find him funny, he makes a good living at it."

they understand the steps, being once interviewed *Man On the Street*, is the ultimate authority on her work and her life.

Peter Richmond, Milford, N.E.

COLD CASE

I READ CHARLIE GELLET's piece on Cold-Fx with interest ("Cold was? Health, May 8). As a pharmacist, I am familiar with cross-referencing medical literature and marketing claims for evidence-based data. I assure new doctors knowing that perfect information is rarely available, new treatment decisions must be made anyway. If a product is over-the-counter, and I have an indication for it, I will try it myself. I work with students and get colds often, so I tried taking Cold-Fx at the very first sign of a cold. I now recommend Cold-Fx to anyone who does not have over-the-counter data. The evidence is quite good, and in two years of keeping the three-day course package with me at all times, I have had only one cold and it was much shorter and less severe than the colds my students and colleagues had.

Lynne Thoriksson, Port Perry, Ont.

COLD-FX CONTAINS gingko, a Chinese herbal medicine that has been around forever. But only since the active ingredients, called ginsenosides, were isolated by a CV Technologies process called Chemoflex, did they take on curative properties. Another CV Technologies product, Remember-fX (for "memory enhancement" and "neuro-stimulation"), with virtually the same gingko ingredients as Cold-Fx,

has been touted by celebrity doctor W. Collins-Jones with just as much data. I now await the company's next product—Gettitt-fX. Dr. R.J. Collins, Forage in Prairie, Man.

LESLIE NIELSEN FAN ALERT

WHY DO CANADIANS have such a propensity for running run-down their own? "How thick I'm plugging!" Hilar, May 12! I am in my 70s, and the only two Canadian heroes I have seen get a fairly even break from the media were Marilyn Bell and Wayne Gretzky. When I think of the media's treatment of Second City star, Bill Shankley, Jim Carrey, even Shania Twain, I wonder if Canada's national condition is making me goggle. My guess is that even if your writer doesn't find actor Leslie Nielsen funny, Nielsen has made a good living looking milks of people, and I'd bet he will continue to do so. I saw Nielsen in *Reckless* and *For the Boys*, and I have tapes of all the *Polaris* TV shows and I enjoy them all. R.G. Bellem, Elliot Lake, Ont.

FAT KIDS? BLAME PARENTS.

TOTALLY AGREE with Barbara Rayburn that "Canadians need to do their part to stay healthy" (columnist, why should it be the responsibility of the government to solve childhood obesity? "The latest health tip," *National*, May 8). I think that it is parents who should be shouldering the responsibility of childhood obesity. Who overfeeds what children eat and drink? Not the government. Come on, parents, do your job. Andrea Garsnick, Fort Capetown, B.C.

MACLEAN'S

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What a concept: Quebecers are like the rest of us



The thing about Quebec is that whatever the label says you should do probably won't work. Especially if the label was written by experts on Quebec.

In 1999, the current editor of this magazine assigned me to write a newspaper column about the history of the New Democratic Party's attempts to woo Quebec voters. It seemed a cruel assignment until I did the research. It's actually an interesting story. The short version is that for 30 years the NDP tested itself into pretzels to boost its support in Quebec. It says on the label that Quebecers are nationalists and social democrats. "If only a federal party would offer big government solutions—that recognize the distinct Quebec nation!" cheers one people and. (I paraphrase. Well, who am I kidding, in making the quote up for rhetorical effect.) "If only somebody recognized Quebec nationalism as a positive force!"

Corchis, chief Social-Democrat party! Chuck. Recognize the Quebec nation? You bet. Generations of New Democrats argued for winning that idea into the Canadian Constitution. Asymmetrical federalism? The party itself set up a Quebec branch that was sometimes hardly on speaking terms with the rest of the party. Quebec nationalism: a positive force? No NDP leader would have a word against it!

And in 30 years the party elected one MP in Quebec, briefly, in a by-election in 1993. Yet all along they were doing what the smart people said they were supposed to.

Then along comes that guy Stephen Harper and he wins 10 Quebec seats. Tories on his way to—well, you'll get no predictions today, but the Conservatives came second in half the Quebec seats they lost. Every poll since the election has shown the Tories continuing to win there since the election.

Social democracy? Hey a tax cut. Con-

servative change? No time soon. Quebec's distinct nation? On this he is closer to the Saguenay Harger of the early Reform years, who adamantly opposed the March and Charlottetown accords, than both the fans and detractors who see him in the second coming of Meekins Brian Mulroney realize. When asked, the Prime Minister says distinct society recognition is yesterday's debate and that he is happy to consider "usual"—read, not unusual—ideas for the future.

as itself a conservative movement," they wrote, Quebec's idea tradition "appeals to the kinds of voters who in other provinces support conservative parties."

The point here is big but subtle. A lot of Quebecers spend more of their day thinking the same way as Rouyn and Gravelly as people in Lethbridge and Brockville do, except they think it is French. Sometimes there's a difference in their political thinking, based on the idea that Quebec is a distinct nation.



Harper realized that folks in Rouyn are also tired of high taxes and want to get ahead

In short, this isn't supposed to be working. So why isn't it working? On this question the Conservatives themselves are not entirely reliable witnesses. They didn't plan on picking 10 seats in Quebec. At the onset of the 2006 campaign, day-labors budgeted for union efforts there. They had a (small) money to run campaign and suddenly competitive Quebec risks. Their Quebec goals were based on a long-term plan.

But since that time they paid off at least modestly, let's continue it. In 1993, Harper and the political scientist Tim Flanagan wrote an article complaining about how frequently Liberals win elections in this country. Cautious about the dangers of a conservative center interpretation, Harper and Flanagan identified the "Class Struggle" of Canadian conservatism that, together, might form a governing coalition. One was classic Canadian Tories, present mostly in Ontario and Atlantic Canada. The other was Reform-style Western populism. The third, which Harper and Flanagan picked over with an real appetite, was the New strain of Quebec nationalism. "While not

and that if the Quebec government is all encompassing, then the Quebec nation will stay strong. But usually many are just tired of high taxes and they want a chance to get ahead, just like anyone else. Harper's gambit was to speak to Quebecers about the ways they are like the rest of his post-Canadian voter coalition, not about the extreme differences. It is inherently a unifying discourse.

And it's new. Both the province-friendly Mulroney and the at least distastefully Ottawa-centric Jean Chrétien thought first about nationalism when they thought about Quebec. It made Mulroney want to flatter. It made Chrétien smell something he should resist. But most Quebecers feel racism about every June 24 and then less so. Being poor politics on their nationalism is like campaigning in Gaelic in Montreal because they have a big St. Patrick's parade there. Harper is not guaranteed further success in Quebec politics there has been gains in popularity bubbles lately and he may yet. But his success to date is based on, and therefore validates, the assumption that Quebecers and other Canadians are both kind and kind. ■

TON HARRISON, CFP

OOOOH



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OPINION

Clooney isn't touching this one



SUZANNE JAMES

Back from his late-April visit to Darfur, actor George Clooney was asked by HBO's Bill Maher if the bloodshed in Sudan's terrible conflict "has anything to do with race?"

"I held my breath but people's have belated. George and Bill weren't touching that one. They managed, at least conversations do, to talk about the genocide of 'a people' by 'them' without giving away who exactly we're 'people,' who are the 'them,' and why there are doing it to the people."

Race is the core force behind the carnage in Darfur, which put a new manifestation of a battle that has been going on in that part of the world since about the seventh century. The conflict is between Arabs and black Africans, although self-identification as African is a controversial issue in ethnically mixed Sudan. The word "arab" means "lord of the blacks" in Arabic, which is how the Sudan got its name when the Arabs arrived there after conquering Egypt. Language can reveal a great deal about attitudes, and the common word used in Arabic for blacks is "ahid," meaning slave.

In his book *Race and Slavery in the Middle East*, the distinguished Islamic scholar Bernard Lewis traces the history of slavery in the region. Slavery is not unique to Islam. Though the Koran is considerably more detailed on the matter than either the Old or New Testament, both books of the Bible and the Talmud recognize and accept slavery.

In the early Islamic world, while slaves came from many lands, North Africa was the primary source of unskilled ones. As white slaves became increasingly difficult to obtain, Islamic expansion on the fifth and sixth centuries drew slaves from central and eastern Europe; the Ottomans carried more to Africa.

Slavery's legacy gives modern Sudan an Arabic-speaking and Muslim north and an African south that is not Arabic in its language (over 100 local languages spoken) and predominantly Christian and animist. Darfur,

in the west of Sudan, is Muslim, but its inhabitants are usually akin to the south Sudanese—and race is the major fault line in that province. To a Western eye, the differences in complexion are unremarkable, but in the Sudan, just as in the Caribbean, shade is very important.

The hierarchy of colour is a mystery to me, but whether in Japan or Korea, the Orient or Africa, darker is lower caste and lighter higher. In the West, though such subtle distinctions are less important, the Caucasian ideal of the blue-eyed blond still hangs on as the most desirable form, blonds have more fun. The attempt to explain this by advances to day and night or dark and light make little sense. The hierarchy could just as easily have gone the other way.

If race is the major theme in our conflict, there are other items left, including the

because the language of the south, Arabic that of the north. After independence was granted in 1956, the project of "Sudanization" was recognized by a Africans as little more than "northernization," meaning money and power to the Arab Islamic north. Fighting between the two did not continue from 1954 until 1971, when the north was granted qualified autonomy. This ended with the imposition of sharia law over all Sudan in 1983 and a fundamentalist theory of feigning and oppression. Ten non-Muslim states in the south were later officially exempted from sharia. Various peace initiatives have appeared along unsuccessfully for years, together with hair-raising massacres.

Nothing brings out the Sudanese in human beings like racial and religious conflicts. Human beings shoot, bomb and sword rituals to gulps in national and ideological

In the Sudan, just as in the Caribbean, differences in complexion are important



GEORGE CLOONEY at the Darfur rally in Washington

largely unexploited oil resources located in the south. Another sword is the battle between Hollywood westerns, in which Christians massacre the Muslims as over their competing approaches in land use. The Christians must have much more of land to feed their livestock and look with hostility on the camp and potato growers who block their grazing and cattle drives. In Sudan, farmers tend to be Africans, the cattle herders are Arabs, and the fight over land has been aggravated by the coup of the Sudanese Desert. In the long run, the small farmers generally use those crops (cottons) drawn up slaves from central and eastern Europe; the Ottomans carried more to Africa.

conflict in racial and religious wars they prefer to inflict more agonizing deaths, as well as mutilation, amputation, mutilation and rape. In Darfur, local militia of Arabs called janjawid, backed by Sudanese government forces, have created two million refugees and hundreds of thousands of mangled dead.

The immediate need is to send in an international force to impose law and order. They will not be peacekeepers, since there is no peace to keep. If no international force is required, the appointment of a force is the job of the UN, which, as usual, it all but has lost. With lack of will to the French to go, since along the Americans or their British allies is ideologically unworkable.

Then what? Either Sudan splits into two countries, or a genuine federation is made to be created with real money and power sharing with the south. Sudan's oil resources, currently in the hands of the north Sudanese and the Chinese, should bring enough money to go around. The less happy solution would be to install a local strongman, one who has the fewest good intentions and will be strong enough to keep the peace. And, if the UN and international community ignore the ongoing problem and raise a blind eye, then it will suggest an old reliable blame the entire problem on the Jews. ■

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STORY OF THE WEEK—SOMETHING TO SNEEZE AT

Environment Canada has some bad news for allergy sufferers, farmers and those without air conditioning: it's going to be a long, hot, dry summer. In their most recent long-range forecast, Environment Canada climatologists have predicted a three-month spell of low precipitation and higher than normal temperatures. After an unusually mild spring, the outlook is especially poor for allergy sufferers, now faced with a surging pollen count in some parts of the country.

Good news

One glass at a time

It's the first session of a 10-year project, aimed at a "risk-free" workplace, poor education, and natural HIV infection rate. Perhaps most surprising, over five million people have no access to clean water. One Alberta engineer has offered a smart, simple contribution: an inexpensive water filter, helping to save the lives of children across Haiti. The technology, created by David Meier in the '90s, was designed to help poor families in developing countries the ability to purify water in their own homes. Built of readily available materials—including sand and gravel, which eliminate sediment, pathogens and other impurities—the \$100 filter costs \$5 to purchase. According to the Canadian-based organization Clean Water for Haiti, one in eight children in that country dies before the age of five, and the majority of these deaths are caused by water-borne diseases.

Loving the loonie

Looks like Canadian CEOs are starting to warm to the soaring loonie. The dollar broke above US50 cents last week, hitting its highest point since December 2007, and Robert Macra, president of Hexion Packaging Inc. (a subsidiary of Hamilton, Ont.), said it's time to stop worrying. "The real damage to the Canadian economy happened two years ago, when it went from 60 cents to 55 cents," he said. After surviving a rise of 100 cents, the loonie shows US50 cents has been a crash. A few days later, the company's market value rose 50 percent. The company is expected to create 5,000 jobs in Ontario. Maybe there's life a-pur after all.

Cheers to your mental health

The Senate social affairs committee released a report last week recommending that government add a five-cent tax on alcoholic beverages to fund a \$5.4-billion plan to transform the mental health system. The report, entitled "Out of the Shadows at Last," is the result of a three-year study on mental health and addiction. We support the idea, although we don't think it's necessary to tax everybody's drinks. Just the Senate should do it.

Lapse of judgment

Tory MP Maurice Velocci resigned as chair of the Aboriginal affairs committee last week, yielding to political foes arranged at his glassed comments about the Supreme Court. Velocci foolishly misquoting Chief Justice Beverley McLachlin and made apocryphal claims about the court ruling on "God-like powers." The fact that followed was an incoherent and insulting attack on the court. The Canadian Bar Association led the way by accusing Velocci of an attack on justice.

Bad news

It will challenge executive HR, a director of the royal family, in the U.K. The company is under scrutiny. Birmingham HR, a company which currently employs 125 people. To the horror of many Anglophones, the piece "Boson's case" will be produced in a French language. A similar hearing has occurred with Microsoft. The topic recently, named for the regional capital of the French province of Burgundy, where it originated, is now made predominantly with several words imported from French.

FACE OF THE WEEK



SWEET HONEY IN THE ROCK, S. of Detroit, who has released Collins' symphony, song for Pope Benedict XVI at the Vatican

The dog days of flying

As of mid-September, pets will no longer be welcome in Air Canada passenger cabins. The Canadian Airline and Transport Association called for the ban last year after a passenger complained that the dog was responsible for a cat redacting disaster on a flight to Switzerland. People often fear their pets will be too small to fit in the cabin. But obviously, Air Canada signed an agreement to allow an enclosed space in some. Now if only they could start talking about making better and people who travel with pets.

old independence, and during that he had reflected "serious damage on the institution of the Supreme Court of Canada and the reputation of our chief justice." Velocci and the Canadian Bar Association deserve to be stuck in an elevator together. Come to think of it, Liberal Leader Bill Graham too, for suggesting Stephen Harper was an apology to "all the members of all the courts of our country."

Testes a little off

Things are slow in the world of condensation. If it's not because of the slow pace of the world, it's because of the slow pace of the world.

A heavy dose of reality

CBC TV's laudable efforts to lighten the mood of its entertainment shows will include a new series devoted to "reality entertainment"—a reality-based program for reality TV. We're all for our national broadcaster expanding its content, but we're puzzled by its airing a British series called *Wife Swap* as an example of worthy television. And speaking of reality TV, we join the millions of women angry and dumbfounded at the explosion of our favourite American *Real Housewives*, the heavily billed series called *Chris Daughtry*. He was easily the most polished and consistent performer in the competition. So much for the "wisdom of crowds" theory.

... And still no HBO

David Milch, creator of the dark and brilliant western series *Deadwood*, is developing a new series themed series for the network, tentatively called *John from Cincinnati*. It's an intriguing premise but we'll never know if it works because HBO still isn't licensed in Canada.



A WEEK IN THE LIFE OF JACOB ZUMA

The rage trial that transfixed South Africans ended with the nation's former deputy president being acquitted. But with an occasional intimation of how a politician, so associated with the government's handling of the AIDS crisis, had engaged in sex with an HIV-positive woman, the proceedings may have damaged Zuma's ambitions to succeed career President Thabo Mbeki in 2009. "I'm not an angel. I live in this world," Zuma said. "You make mistakes, you move forward."

DISCOVERY

Guns and hormones

What really gets a guy's testosterone levels up? Researchers at Kean College in Galesburg, Ill., asked 30 male students to handle either a popular bowed game or a handgun. Psychologists then tested their saliva, and found the men who handled the gun had markedly higher levels of the male hormone. And in an experiment in which they were to taste a sample of water doused with hot sauce and then prepare a similar dosage for others to drink, researchers found the pun handlers used those same men's hot sauce.

The big cube

The largest scientific instrument ever created is under construction at the South Pole. Known as IceCube, the neutrino telescope will encompass one cubic kilometer. Its purpose is to measure cosmic neutrinos as they plow through the earth. Neutrinos are

who they're produced between workers' homes and offices in Mumbai, India, have an error rate of just one in six million deliveries. Alcohol business school is studying them as an example of giving impeccable service without complex technology. Each lunch changes hands up to four times. The dabbawallas use complex systems of colors and numbered markers which building, floor and office re-deliver the meals to

WILD KINGDOM

Sniffing DVDs

Describing the results as "awesome," British authorities have upgraded Labrador women to sniff out counterfeit movies for the first time. Usually dogs are used to detect the faint smells of explosives or drugs, but with the movie industry losing US\$6.1 billion to counterfeits annually, British customs are hiring the Labs, Luckys and Tos, on the job



DABBAWALLAS Impeccable service without complex technology

leg games. The grey-brown animal with a shock of erect hair on its head will belong to a genre called megafauna, derived from its home continent

last hunters hunted them to extinction. Now, the University of Alaska at Fairbanks' Dale Gribble says that 20 years of study of 100 large mammals has shown that the mammals died from climate change in the end of the Ice Age. Advancing forests with their wooded food sources deprived the mammals of ground-level plants it depended on for food.

Smoked kipper

A brewing outfit is thought to be responsible for a fire that heavily damaged a British woman's home. Apparently Kipper at 30 cm per cubic foot, took on fighting water inside an aquarium in the home of Susan Kilburn. Water splashed out of the tank, slopped onto an electric plug, which caused a power surge in the aquarium's light cable. The cable heated a plastic that melted and dripped onto a leather chest of drawers, which caught fire, as did the entire room. Fortunately, Kilburn and her two children escaped. Kipper was not so lucky.

MORTALITY

Killer forests

What killed off the woolly mammoth? The prevailing opinion is



MAMMOTH: Burnt the forest



LUCERNE

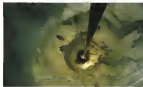
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ICECUBE under construction: World's largest scientific device

created by violent events in space such as black holes. After boring holes in the ice, scientists are dropping in strings of sensors. Why the elaborate device? Although they are common, neutrinos are extremely difficult to detect.

Following a lunch

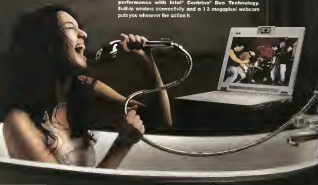
Dabbawallas, a mostly destitute army of 5,000 lunch deliverers

Unique monkey

Last year's discovery of a new species of monkey, known as the Bonobos, has been in the news, because once more considerable last work when biologists said the animal belongs in its own genus (in taxonomy, species are grouped into a genus). In the first time in 81 years that scientists have identified a new mon-

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THE WEEK AHEAD... ROLLING HEADS AND STEEL

The Cannes Film Festival opens. On the program is a new biopic, *Marie Antoinette*, starring Kirsten Dunst presiding over the ending of rule, while a drama based on the documentary *Fast Food Nation* plumbs far flots. Mutual Fund Co., the world's largest stockbroker, opens to make its second US\$2-billion takeover offer for rival stockbroker AmeriSec, which then owns a Canadian stock company. Defunct. If Miami wins, Defunct (like Marie Antoinette) may go on the block.

other particularities by changing their parties' electoral and attacking them to discredit, also exist even in the person. A study by the University of California at Irvine found that in poorly ventilated, small rooms, some levels on rise in potentially unhealthy levels. Ground level ozone can damage lungs, irritate the throat and exacerbate asthma.

Exercise in the sun

The benefits of exercise are well known, but one unexpected benefit is that it may help reduce the risk of skin cancer. Experts say, with some research that those who had been in running while white exposed to ultraviolet light had 12 per cent fewer tumors. It's believed that more exercise "UVB radiation" exposure, in which cancerous cells die off rather than surviving and spreading.

Second-hand death

Exposing exposure to second-hand cigarette smoke could dramatically reduce heart disease-related deaths. Researchers have calculated that if all passive exposure had stopped last year, 180,000 deaths from heart disease in the United States alone would be avoided by 2010. And more people smokeless than they may realize. Scientists reported last week that there were 10 and 41 per cent of Americans are exposed to smoke annually.

KIDS TODAY

Skateboard school

Long the home of sidewalk smilers, skateboard is taking to school. A Colorado school is among the first to introduce boarding as a gym option. This fall may see its arrival at schools across the United States. The emergence of skateboarding in gym class is part of an evolution away from rigid

fitness programs toward real-world recreation, such as aerobic and wall climbing.

Well-bred bullies

Today's schoolyard bullies are not just British children are not just the familiar agents of transgressive acts. Bullysters are an increasingly young crowd of children from middle-class homes. Michele Tillett of Redscape, an anti-bullying charity, says the new bullies are not thugs, but "little Miss Sunshine or little Mr. Wonderful" who turn the new breed, nicknamed "bullysters," comes from overindulgent parents.

POLL WATCH

Fact or fiction

One in four people in France believe that the blackboard novel *The Da Vinci Code* is based on

IN OTHER NEWS

Underwater museum

The world's oldest water survey device is destined to disappear beneath the rising reservoir waters of China's ancient Three Gorges Dam on the Yangtze River. For centuries, observers compared water levels in the helix to 1,200 years of mud-rings carved into stone to predict harvest levels. The site was so sacred that poems were also carved into the surrounding rocks, telling some 10,000 Chinese characters. While the waters of the reservoir work to engulf the historic site forever, the Chinese Academy of Sciences is building an underwater museum on the site featuring an optical transparent shield, where visitors will be able to see the water-level marks, the data and the poetry.



SKATEBOARDING IN SCHOOLS: Evolving away from rigid fitness

Impaired mowing

Doped lawns are a mobile again. Last week, police in Vermilion, Ohio, arrested him for driving a lawn mower while intoxicated. Police said he was driving the mower back home from a trip to a store when they stopped him. They found Bowles had a blood alcohol level of a 166 per cent, over the limit of 0.08. It was Bowles' third arrest for drunk driving in six months.



PATTERSON: incorrigible

IN PASSING

Pietro Garlani, 61, playwright and composer who worked with partner Sandra Giovanna, creating partner. He was best known outside Italy for the song *Amore, Amore*.

A.H. Rosenthal, 54, news pundit and author who worked with partner Sandra Giovanna, creating partner. He was best known outside Italy for the song *Amore, Amore*.

Floyd Patterson, 71, boxer. The world heavyweight champion was known as a gentle giant. He scored a gold medal in the 1952 Olympics with five knockouts in five matches. In 20 years of professional fighting he lost eight matches, won 53 and fought to a draw in one.



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INTERVIEW



'Michel died. And then Pierre died and I couldn't feel anything. I was starving myself passively. No one noticed.'

MARGARET TRUDEAU TALKS TO ANNE KINGSTON ABOUT LOSS, LOVE, CHILDREN, MARRIAGE, AND HER LONG JOURNEY TO JOY

Margaret Trudeau entered Canadian public life in 1971 as the 22-year-old bride of Prime Minister Pierre Trudeau. She coped, for a time, as the "flower-child" earth mother to three boys. Within years, however, the Trudeau marriage became a national soap opera, rife with tales of Margaret's erratic behavior—singing at a dinner on Cuba with Fidel Castro, a 1976 roll-all marathon, hanging out with the Rolling Stones. The couple divorced in 1984. That year, she married Ottawa real-estate developer Fred Kempes, with whom she had a son and daughter, and retreated to private life.

She returned to the public eye in 1998 when 23-year-old Michel Trudeau was killed in a skiing accident. Then, at Pierre Trudeau's funeral in 2000, she collapsed at Parliament Hill. In 2004, she was charged with DUI. The charge was dismissed; it is being appealed.

Recently Trudeau, now divorced from Kempes and working for a company that advocates government employees, has gone public to discuss her diagnosis of bipolar disease in 2000. At 37, she exhibits the volatility and emotional range—familiar to Canadians. Yet she is more guarded about her politics, publicly turning down a photograph request outside her presence on the recent outside the Château Laurier hotel, where she spoke with *Maclean's* about her near-death downward spiral, her ongoing recovery and the actress Margot Kidder,

who once dated Pierre Trudeau and who now advocates the use of nutritional supplements in the treatment of bipolar disease.

Q

Was coming forward difficult?

A: I'd been thinking about it for quite some time, but haven't been ready because my recovery wasn't as complete as I needed it to be—the able to say "Yes, it's worked, the medical treatments, the therapy, being a husband, good life." Now that I can say it, I had no reservations coming forward.

Q Were you concerned about the pressures—and criticism—that would come with being in the spotlight again?

A: Yeah, but maybe a different way. That's a difference between being used and being useful, and this is a way that I can use my public persona to be useful, to help.

Q In retrospect, what were the first signs?

A: The real trigger, I think, was postpartum depression, which I had quite severely after two of my children. When I suffered it, it was just "baby blues." People said I'd be over it in a few months but I wasn't. But now my family looks back and says that when I was pregnant I was a bit capricious—not mean—but I may have had the beginnings. So I sat out on a couch, drew coverings and see if there emotions seep out of depression, if they're too high or too reflective and sleeping, not eating. **Q** But, in your case, your emotional settings

were central to your public image; the high period, rebellious young women—Margaret the hippie.

A: I think that even though I had bipolar disorder I was still a high-spirited person. Being bipolar doesn't mean that you're constantly in a state of mental illness. It means that there is time you're either unusually low or unusually—unappropriately—high, and there certainly were those times in my life. **Q** Her is your mother; you write about the isolation of being at 24 hours, what you now refer to as the "tunnel of darkness."

A: I know, but we didn't really understand it then. I was very sensitive to criticism toward Pierre, and things levelled against me, harsh things. When [her first son] James was born, I was told that if he was kidnapped, no ransom would be paid. I wanted to go out for a walk without the police and I was told no, I had to have the police with me. They taught me how to walk to the curb and hold onto my baby under my body and women at the top of my lungs so they couldn't easily pick me up and put me into a car. That was an extra small pressure on a new mom.

Q Where was your husband in this?

A: Pierre certainly used to help me out of my deep darkness, and I thought much of him. But for a while, while I was in between, he didn't agree with me. I was hospitalized. It was apparent that I was depressed, but

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what wasn't apparent was that it was more than just having to deal with the pressure that was on me, being very young, under public scrutiny. It never occurred that this was something that was very subtle.

Q: And the later trigger?

A: The death of my dog began a cycle of depression for me. But my real trigger—that's where I really had to seek serious medical help or I would die—was after Michel died. For two years I languished, and then I turned off and I couldn't feel anything. I lost 30 pounds. It wasn't unusual (in the medical world) when starting opioid painkillers. No one could cut off contact with my friends and my family. I was left to grieve in my room.

Q: You noticed the weight loss?

A: One friend who had a dress store was just delighted that I could finally fit into all her skinny model clothes. [Laughs]

Q: That's odd comment on your fashion choices. How did you become so slender?

A: Everybody was loving the *Sex* lives Justin was in Vancouver and Sacha was in Montreal and traveling. And unfortunately my second husband couldn't cope with my illness. He wanted a wife who was strong and able to provide dinner and do the laundry, and I wasn't able to do that after Michel died, so he chose to leave and take the children. I didn't ask people for help. If they'd call or tell me how I was I'd say, "Oh, I'm okay. I'm having a little bit of a rough time but I'm getting better." A friend called my son to say, "Come, right now. Your mom really needs you." I was alone to the end of that time. Grief is a terrible thing. You can barely get up and brush your teeth. And your family will say you're back up just past getting pregnant. You do want to look and feel, but there's alone and there's alone, and you shouldn't have loved ones suffering alone in the dark. I think a huge part of my sadness was the loss of family, and the bigger part, I guess, was the loss of Michel, then the loss of Justin, then the loss of family, my children. It was just loss, loss, loss, loss.

Q: But all you missed help?

A: Oh, yes! I was terrified, and I was in my right mind. No one's thinking anybody can make a difference.

Q: So someone told doctors you were in real trouble?

A: Yes, it was traumatic and extreme. If you wait too long, and you're too deep into a manic episode it takes a long time to get you out of it. You have to see the signs.

Q: What was your doctor's advice?

A: Well, you need 24-hour observation to prevent me, given appropriate medication to

calm me down, and a psychiatrist worked with me. I was given six to eight hours each day to start me eating again.

Q: How long did that take?

A: A few more days. I was pretty much hospitalized. I was very grateful for the treatment I got. I had accepted I had an illness. What happens, unfortunately, after a manic episode is the crash, and my doctor prepared me for it—the fact that once I got off the medication, I'd be depressed. When I got out of hospital it was a few weeks before I could start contributing again to life.

Q: What was that time like?

A: Very lonely and isolated. I stayed in my house, alone. It was step by step. I taken time to figure out the medication you can take to correct the serotonin imbalance. Recovery is hard work. My [family] son moved back in with me, so that helped a tremendously. Slowly my daughter came back into my life. A big part of my recovery I owe to my children, not just to doctors.

Q: What else contributed to your healing?

A: Number one was exercise. I walked every day for at least an hour. It's how I meditate. I refuse to be on a treadmill. And eating very well—simple foods, no processed foods, no sugar. Looking and finding the beautiful foods, finding the beautiful images, searching for beautiful people, and keeping the negative influences out of my life. When I was at home, I never had the television on during the day. I listened to a lot of classical music. It's about seeing out behavior, reframing from any extreme behavior, and living a quiet life, a simple life, getting rid of all the pressure, junking everything, something that isn't what you need and that I needed to get out and work and be a real person.

Q: Did you think you were special?

A: Yes, but not special in a nice way. Not "Oh, special me!" But I felt there was a way that I had to behave, an expectation that I had to meet of some things on my own, and that I had to come to realize, as the only one person that I had to meet were my own.

Q: So how did you become a "real person"?

A: [Laughs] I got a job. Just being someone settle into a new life was very healing because it gave me a chance to be with just good, kind working people. To be doing a service for people was very important to get outside of myself.

Q: As that anything you avoid now?

A: I'll never be around anybody who abuses drugs ever again. If I go to a party and there's drug use, I'll leave.

Q: What about alcohol?

A: A little bit of alcohol, not a lot. No abuse, no drinking alone. The usual wine at the barbecue, that type of thing.

Q: Yet in 2004 you were arrested for DUI



"It was about realizing I was not special. I needed to get out and work and be a real person."

How does that fit?

A: That was just stupid. I can't talk about it because it's an issue of the courts.

Q: We're using the word "recovery," like this is an ongoing condition.

A: Yes, I'm always going to take bipolar, all ways. One of the reasons I came out at this time is that there's an extraordinary new facility being built at the Royal Ontario Hospital. It's state of the art, and it's going to give such dignity to those suffering from mental illness. I'm helping to fund raise for that. I want to reach people to tell them to watch out for their loved ones, and watch out for themselves. It's not normal to be in. Yes, life will be difficult from this on to me,

but day to day, you shouldn't be in pain.

Q: When do drugs fit in?

A: My doctor has said you have to stay on a mood stabilizing drug to keep you from getting manic and becoming suicidal. So often when happens is that people feel well—"Gee, I'm better," and I need my medication anytime—and then they have a big crash and they're right back where they started. The idea of being here I was five years ago terrible, and I would do anything to prevent that. And if that means taking medication for the rest of my life that may be a little controlling of the highs and the lows, so be it. I just want to be clear that when I take medication, I'm not a different person, I'm just a person who isn't going to go off the deep end. Maybe I shouldn't say this, but I recently saw that Morgan Tautou—who is bipolar—was doing a lecture and she was anti-drugs, and she was terrible. She believes that you could abuse your own body from bipolar with vitamins. She's like, "Don't drink. I think vitamins are important but

'A friend called my son: "Come right now." I was close to the end. Grief is a terrible thing.'

they can't replace proper medication.

Q: Do you know her?

A: She was at Norm's funeral and came up to me and said she didn't want to be in the hospital with me and suggested that I take nutritional supplements to help.

Q: Have you spoken since?

A: No.

Q: But her celebrity, like power, confers attention—and credibility.

A: Yes, I want to say here that I'm not an expert. I can only speak to my own experience. The person who knows is your doctor. It can be your family doctor. You don't have to see a psychiatrist.

Q: There is a rather strange asymmetry in the fact two women failed to a man known for his practical rationality are now issuing public notes as spokeswomen for bipolar disorder.

A: That's true. [Laughs]

Q: So you're under medical supervision?
A: You have to be. I was from seeing [my doctor] all the time to seeing him every few months. He's on my speed dial.

Q: What has the public response been?

A: Beautiful.

Q: Unofficially positive?

A: Yes, except for our local paper, but it's always been to me.

Q: The Occasional Cancer?

A: Yeah, but my phone hasn't stopped ringing from friends and family calling to tell me how proud they are that I've been able to stand up and help.

Q: Let's talk about the anguish.

A: I certainly have left a few behind because of the state of my [bipolar] husband. He never felt that I was sick, he felt that I just was exhibiting bad behavior. I'm only going to know as much of knowledge. I'm going to do public speaking across the country to try and help people understand that the brain can dysfunction in much in any other organ. It's not only bipolar disorder. The pressure keeps people from being full, happy beings. My focus is on mental illness but on mental health, not looking at the negative side of it.

Q: So you're not leaving bipolar doctor for the breakdown of your marriage.

A: No, I have to take responsibility for my actions. One of the problems with bipolar, particularly when you're in hypomania, or full-blown mania, is that you don't look at the consequences of your actions, so it can

be like a nuclear bomb going off in relation ships, and then the healing is hard.

Q: And you're also not reforming past behavior as the result of bipolar disorder? For instance, when you were in Cuba...

A: No, no, that was not. That was me [Laughs]. That was more an awakening of the moment in me than anything. I got into trouble in Cuba because I put on a T-shirt and the photographer rather than being photographed. I broke the rules. There's so much that I would not have done differently. I would never have been a careful, judiciously guarded person. It's just not me.

Q: Do you struggle, balancing your past and the future?

A: The past is behind me. I've had an immensely rich and blessed life. I had five beautiful children. Unfortunately, one I lost at 21, but I've raised beautiful children. I've had two good marriages in spite of my problems—perhaps because of my condition or because [with] the first one I was absolutely way too young and immature. But I have good physical health, I have a curious mind, life delights me, so I feel very blessed. I feel grateful that I've been able to get myself back, because I like myself and I'm here.

Q: What would you say to someone who is now at that level of darkness?

A: That there is light—it's such a cliché—but there's light at the end. You just have to ask for help and persist that you want it. You don't have to feel that you were help because you probably aren't. So probably the helpless.

Q: You have said that work Michel's death your life felt as if it was over.

A: I couldn't have imagined that I would ever delight in anything again. But I would not be able to laugh and feel joy and one free thought. I thought the rest of my life I was going to be alone, behind with feelings alone, and a lifeless being. And of course my faith in God was totally destroyed. All that has come back. In fact, I think I'm a stronger person because of it. I bless Michel for his life and what he gave me in his life, and I bless him for what he's given me in his death, because the sorrow that I feel is real, as a longing to have him with me. But I understand that that's not the way you rest to the losses that is the key. I don't react with it the beginning, who wouldn't with extraordinary help and support. I managed to get through. I think of Michel every single day. I cry for him, for the loss of him, for the life he lost to get to end, for the joy he missed, but I have a strong faith now that he's in a very good place and that he's happy that Mommy has achieved happiness. ■

BEST OF FRIENDS

Stephen Harper is enjoying a love-in with Quebec. Yes, the province has changed, but an outstretched hand doesn't hurt, either.

BY DENOY AUBIN

A flower on one's lap. Prime Minister Stephen Harper has been able to overcome his minority federal government into a powerful force for now, he is the only politician in a position to undertake significant initiatives in the marketplace of Quebec politics—while the federal Liberals are searching for a leader and a purpose, and the Bloc Québécois is mourning the downfall of their former heroic begueman. The situation is extraordinary on the provincial front. There, the Parti Québécois is tanking, tank, snare by raging debates over ideological purity as strategic move, Premier Jean Charest's ruling Liberals are bleeding from a hundred acid-inflected cuts—and third parties are proliferating left and right, threatening to disrupt traditional voting patterns.

Harper's disaffection is such that, notably, a poll indicated that Laurent Bouchard—for former federalist minister, former separatist promoter—would annoy everyone if he came back instead of the former dismemberer of Quebec, a party that may have to be neither federalist nor separatist by calling itself "sans armée." But Bouchard, 67, is unlikely to return to politics. And so it is Harper's show—and if he keeps playing his hand as well as he has since the Jan. 23 federal election, he could, almost single-handedly, grasp up an ailing federalist government in Quebec City, dominate the Bloc Québécois in Ottawa, command the federal Liberals in a decade in hell—and make another referendum on Quebec's secession a political impossibility for the foreseeable future. That and, perhaps, alter the way Canada works and currently sees itself in the bargain.

How did Harper get there? In part by tearing a page off John Slezman's book. The former Green Party, Ont., was able to steal a significant share of Quebec's democratic soul market by directly addressing its potential customers—"Békynow, réécoutez John"—that morning his halting, broken French into a little bit of French. The key,

Slezman's local adviser told Maclean's at the time, is that Quebecers are generally not hostile to other Canadians. Quite the contrary, said François Lévesque: "Make an effort to reach out to them, they'll love you back." What worked for John also worked for Stephen.

So there. Since he luffed most pundits by making an unexpected breakthrough in Quebec on Jan. 23—capturing 10 ridings and close to a million votes—Harper is now his support increase by four percentage points in Quebec to 29 per cent, according to a Léger Marketing poll released last week. The figures most likely to please Harper, though, are that 74 per cent of Quebecers say they are satisfied with his May 1 deal, 70 per cent like what they have seen of his government so far, and 52 per cent want him to lose up to now and fulfill his promises. These are a world far from leads of figures for a newly elected leader, however.

As a result, "Harper has become the political standard in Quebec at the moment," pollster Jean-Marc Lévesque says. The new PM's arrival has forced the other parties to review their positions, and reassess their strategies and options. In Léger's words, "everything is fluid in Quebec at the moment, nothing has gelled yet." Harper's Quebec-friendly approach has driven a wedge into the formerly tightly knit separatist coalition—the Bloc Québécois approved of his budget, the PQ criticized it. And it has thrown a lifeline to the very unpopular Liberals—one that Charest was quick to grab. Harper's election "provides Quebec with the opportunity of working with a federal government whose vision of federalism is more in tune with ours—with greater respect for our competences, one which allows us more freedom in the way we choose to operate," Charest said in an interview. "An improved relationship with the federal government will allow for significant progress in several key areas."

CHAREST's poll numbers are abysmal, so the premier has been quick to grab the lifeline the PM has thrown to him.

It has been while, a long while, that news, say news, from Ottawa was received with such enthusiasm in Quebec. Charest topped short of calling Harper's approach a revolution—he wanted for "significant progress" instead—but Martin Dumont went all the way. The head of the right-of-centre Action démocratique said Quebec is in fact witnessing a double-whammy revolution: "First, here is a federal leader who is not hitting us on the head, or looking for new fights with Quebec," Dumont told Maclean's. "Harper says he wants to help solve problems, then he

does it!" We haven't even been exactly to that in the past 10 years. "Even Jean Charest, for years Bloc as founder, former Paul Martin federal minister, had positive things to say about a Harper Charest union. 'I'm happy about it, I really enjoyed federalist political relations can help improve the choice of federalism in Quebec, and help promote Charest's projects, so much the better.' As for the separatist force, that parliament was best summarized by a recent political cartoon showing Bloc Leader Gilles Duceppe and PQ chief André Bessette looking on, bemused, and saying "more bad news" as Charest and Harper walked arm in arm.

It wasn't supposed to be that way. Remember what the grand old man in the Tories told us in the election: "The emergence of an Anglo prime minister, a right-winger, and from Alberta of all places, was going to light a fire under Quebec's fire-breathing ultranationalists, and blow more wind into the

sails of the separatists, who were already rusting around 50 per cent support in the wake of the federal sponsorship scandal. Instead, support for separatism has declined since Harper became prime minister. Actually, it started to decline even before that, shortly after word leaked André Bessette lost PQ MP Pauline Marois for the leadership last November. Bouchard, the PQ's polling figures were at 49 per cent. Now, they're at 43.

How could Harper—largely unknown in Quebec, and equipped with only a skeletal organization—inspire himself with Quebec voters, so easily, and in so short a time? He first attracted some attention with a campaign stop in Quebec City in Dec. 1996, during which he offered a vague vision of "open-minded federalism" and promised to tackle "fiscal imbalance" between Ottawa and the provinces. Harper has made several visits to the north capital since. But, as former PQ premier Jacques Parizeau

once quipped, voters don't fight at his traps over two points. They wouldn't embrace a stranger over fiscal imbalance either, even if that stranger threw in a seat for Quebec at UNESCO as a bonus.

There has to be more. The fact that Harper is not a Liberal certainly helped. But mainly, he succeeded because his adviser has a very good read of the electorate's mind—and of where the separatist drive came from. Remember John Diefenbaker? No mind even then, but the former Conservative prime minister, and today credited with one of the best one-liners ever uttered in the province's rich political lore. When Dief asked his faithful "What does Quebec want?" question in the early 1960s, one die was still very much a British Dominion, the Red Ensign was our flag and, even in Montreal, bilingual meant a francophone who spoke English. And Canada's main problem is, of course, in the fact that the

'HERE IS A FEDERAL LEADER WHO IS NOT HITTING US ON THE HEAD OR LOOKING FOR NEW FIGHTS'



CHASING A FAIR DEAL

A new coalition pushes the hottest hot button around—EI reform

BY JOHN CROOKER • On the list of politically dangerous policy initiatives that Stephen Harper is not wishing to put on the front burner before the next election, reforming Employment Insurance must rank near the bottom. A March 2001 study by the Conservative MP federal strategist of what various union factions what happened when Jean Chrétien tried to overhaul the program after becoming prime minister in 1995. As punishment for modestly scaling back benefits available to seasonal workers, Chrétien's Liberals were discredited in the Atlantic provinces in the 1997 election, and cabinet ministers David Dingwall and Doug Young were among those who lost their seats. Lib-

eral calling for a sweeping overhaul of federal and provincial support for adults who are out of work or not in maximum wage. While their recommendations will try to make sense of the whole ragged patchwork of income support programs, the push for serious EI reform is the hottest hot button in the room. Sources familiar with the report said it will call for turning the federal program into a true insurance plan, designed to kick in when workers unexpectedly lose their jobs, not as an unemployment benefit for those who leave their jobs only work part of the year.

Second EI is an attractive subject in Quebec—where Harper hopes to win many of the new seats he needs in the next election to vault his Tories from minority to majority—as it is on the East Coast. So the report's authors know they need to prove to their blueprints in one shot could overcome stiff regional resistance. While they were keeping details secret last week, sources familiar with their proposals said they aim to make an EI overhaul achievable by at the same time calling for Ottawa to substantially boost its funding for other income-support measures. A key goal is to raise the incomes of the working poor, especially in big cities. When he was Paul Martin's finance minister last fall, Ralph Goodale summed up the problem when he noted that reductions in various forms of government assistance can cost an individual going back to work after a stint of unemployment 10 cents for every dollar earned in a new job.

There is little doubt the current system is always confusing and often counterproductive, but the Toronto outsider's chances of pump-priming a serious debate may rest less with his ideas than on the names behind them. Perspectives in the year-long preparation of the report ranged from Don Drummond, the influential former federal minister who is TD Financial Group's chief economist, to Ken George, president of the Canadian Labour Congress, and Bob Rae, a prominent pre-merger when he joined the group, now Liberal leadership hopeful. It's a high-profile assembly that straddles the usual ideological divides. But with a caucus PM with an eye on the next vote he is up against to voters' ■

A lesson in bad taste

A teen 'Goth' novel wreaks havoc in Alberta

BY SHANNE GEORGE • The gruesome murder of a southern Alberta couple and their 8-year-old son in their home last month—allegedly perpetrated by the couple's 12-year-old daughter and her 25-year-old boyfriend—has sparked a controversy among ever young people's exposure to Goth culture, even in literature.

Last week, officials at Alexander Junior High in Medicine Hat elected to remove a novel with a Goth subplot from the school's novel studies program after a parent complaint was in poor taste, particularly since both murder suspects are reportedly admirers of this dark aesthetic. The book, called *Twelve*, is the story of a boy on a quest to find his runaway sister on the streets of Calgary. At first, he is not the novel itself, but a related assignment, in which students were asked to take photographs of their faces, colour them with Goth style makeup, and finish the sentence: "I'm a Goth...". Among the sample responses handed out to students, borrowed from a website, were statements such as "I'm a Goth, my woman sits themselves."

The purpose of the assignment, says Alexander principal Lorne Cooper, was to help students better relate to the characters they were studying, and to explore "two facets of the Goth culture: angst and black beauty." On reflection, says Cooper, the review committee found some of the sample statements to be "highly inappropriate" for Grade 7 and 8 students, especially in light of the community's heightened sensitivity to youth violence.

Goth culture, an offshoot of punk characterized by a penchant for black clothing and congenitally white skin, drew broad notoriety recently after a study published in the *British Medical Journal* found that the rate of youth suicide attempts and self-harm in the Goth subculture. Researchers, however, declined to state a position on whether belonging to the culture causes self-destructive behaviour or whether young people with self-destructive tendencies gravitate to Goth.

As for *Twelve*, written by Alberta author Peter McPhee, Cooper says that when the book is eventually introduced to the curriculum, the accompanying assignments will be revised. "Are we getting rid of it?" he asks. "It's not the most popular book being checked out of our library." Well, it's up there. ■



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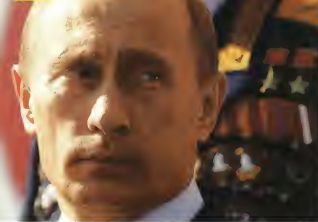
SHOULD it become a real insurance plan?

son instead—the Liberals later caved off on changes meant to discourage forestry and fishery workers from tapping EI just after year—and no federal politician across about power has raised the subject above the level of a whopper story.

But this week, an unusually wide-ranging alliance, representing everyone from hard-nosed Bay Street economists to soft-hearted social policy advocates, plans to try to make it hard for Harper to ignore the issue entirely. The Toronto-based group, tentatively called The Fair Deal Coalition, will make a report:



VELLACOTT WARNS NATION ON MYSTICAL POWERS
Saskatoon Tory MP Insurance Vellacott starting about the Supreme Court: Chief Justice "Dorothy McInnes herself" actually said when they step into a judicial activity role, all of a sudden there's some mystical kind of power comes over them by which everything they do is not to be questioned and they actually have these discerning and almost prophetic abilities. She said that. "Actually the court," Vellacott instructed the remarks.



PUTIN has centralized authority

governments and gave himself the authority to appoint the local politicians he favoured most. The Moscow Helsinki Group, a Russian human-rights organisation, and Putin had "sacrificed" a key element in the foundation of a young democracy.

The Council on Foreign Relations, an influential American think tank, now warns that Russia is becoming steadily more authoritarian, noting that it is less open and democratic than just a few years ago. It warns that these trends "may not have run their course." Freedom House, a democracy advocacy group that monitors global political and civil freedom, has downgraded Russia's ranking from "partly free" to "not free," judging it to be less free than countries such as Mexico and Taiwan.

War, rising energy prices have inflated Russia's formerly stable middle, weakening economy, giving Russia, once again, increasing global clout. Russia has the largest proven natural gas reserves in the world and significant supplies of oil. The gas economy is already dominated by the state-owned company Gazprom (Afonso, one third of Russian oil is produced by state-owned companies, although Lukoil, the largest producer of Russian oil, is private; it also has close ties to the Kremlin.)

"It would be naive, in my reading, to view Gazprom as an independent agency," says Afonso.

Brzezinski, professor of international relations and political science at the University of Toronto, "Gazprom works with the Russian government, and this is one way that Russia can pressure surrounding states." Belarusian dictator Alexander Lukashenko is kept in line in part because of Russian support and economic leverage. Neighbouring countries that are not so obsequious face economic sanctions and increased prices for Russian gas.

This month, the Pentagon warned the Russian government of the loss of power on U.S. war planes in Southern Ukraine in the early days of the American-led invasion in 2001. Then, under this month, a number of southern European countries in Vilnius, Lithuania, U.S. Vice President Dick Cheney launched Russia for "unfairly and improperly restricting the rights of the people" and using oil and gas as "tools of intimidation and blackmail." Russia dismissed Cheney's remarks as "completely outrageous and hostile."

Putin himself far back at the U.S. during his inaugural address last week. "We it is all this pathos about protecting human rights and democracy when it comes to the need to pursue their own interests" he said. "Constitutional rule knows when to rest, it can without licensing, and it's clearly not going to listen to anyone." He even threatened a new race of arms, pledging increased military spending and saying, "New types of weaponry will allow us to maintain what is

undoubtedly one of the most significant guarantees of world stability—namely the preservation of the strategic balance of forces."

Just while it appeared that relations had reached a breaking point, in truth a new global showdown between Russia and the West had already been brewing. And like the original Cold War, it is an indirect conflict, fought by proxy. Russia's "unique role" to provide a counterbalance to the United States," says Afonso. "But in order to be able to do this, we have to be able to play a significant role in areas like the Middle East or western Europe. Putin has concluded that the most secure what the Russians—at least behind closed doors—call the 'near abroad'." Moscow is once again willing to openly confront the West on the international stage. The background is a question is a tug-of-war between Russia, from the Baltic to Central Asia. Here, the United States and its allies in Europe are competing with Russia for control, influence and friendship. The outcome may decide whether hundreds of millions of people live in independence, western-looking democracies, or subaltern client states of an increasingly autocratic Russia.

No country, according to professor Brzezinski, was important to the protection of Russian influence than Ukraine, as an aerial powerhouse of almost 50 million people in the heart,

IS THIS THE RETURN OF THE EVIL EMPIRE?

A faltering economy, stifled freedoms, scared neighbours, global clout and a threat to start an arms race: the new Russia is sounding a lot like the old one

BY MICHAEL PETROU. PHOTOGRAPHS BY DONALD WEBER.

In June 2001, a freshly-faced George W. Bush, newly named President of the United States, met his counterpart, Russian President Vladimir Putin, looked deep into his eyes, and later declared, "I was able to get a sense of his soul." The American head what he saw: Co-operation between Russia and the West had flourished during the nine years that the erratic Boris Yeltsin governed the country. But Vladimir Putin, a former KGB agent, was someone with whom, strangely, the Bush adminis-

tration could do business.

Russian Americans too only got closer following the terrorist attacks of Sept. 11, 2001. Putin pledged Russia's full support for the U.S. war on terror. Moscow shared intelligence with Washington, and the anti-Taliban Northern Alliance in Afghanistan, and okayed the United States' use of Russian forces to refocus in Central Asia. Only 10 years after the fall of the Soviet Union, Bush declared Russia an "ally" and took the Kremlin president on a pickup truck tour of his ranch in Texas. It seemed as if the legacy of the Cold

War was finally over.

It wasn't. The last two years have seen a collapse in relations—not just between Russia and the United States, but between Russia and much of the Western world.

Vladimir Putin has rolled back democratic freedoms in Russia, centralized authority, increased independence in media and stifled dissent in the public at large. Western NGOs trying to build a democratic society in Russia are restricted and accused of espionage. This deterioration of Russian democracy is calculated during Putin's second term as president, which began in May 2004. He was chosen by an overwhelming 71 per cent of the electorate, and international observers judged that most of the votes were counted accurately. But the campaign also involved the blatant promotion of Putin by state-owned and controlled media. Putin moved to consolidate his power after three years, when he cancelled the direct election of regional



STRANGE BEEF: Bereznev Denchik (left) in pro-Russian exiles Ukraine, in Georgia, some Russians fondly recall Joseph Stalin

have ranged against it. Worse, from a Russian perspective, many of its former Eastern bloc allies are now militarily pro-American. It is no coincidence that the so-called "coalition of the willing" that offered support for the American-led invasion of Iraq included Poland, Slovakia, Bulgaria, Hungary, Romania, Czech Republic, Lithuania, Estonia and Latvia.

Russia has not hesitated to goad its neighbors in the Baltic, often citing concerns about the rights of ethnic Russians there. Last fall, an armed Russian jet that had turned off course crashed in Lithuania, provoking uproar among Lithuanians. But Russia's most effective weapon remains its gas supplies. Late last year, Russia and Germany saved a multi-billion dollar deal to build a gas pipeline linking Russia and Germany via the Baltic Sea—bypassing the gas Western countries of Poland and Ukraine.

At one time, the formerly Soviet countries of eastern Europe might have expected to receive support from western Europe. But the old alliance in Europe has frayed, and help is not forthcoming.

During the Cold War, western European nations didn't have the luxury of picking

how not to pass out the way the French imagined, that in Europe there would be this duopoly, that they and the Germans would basically run the EU and there would be these tickets to world grandeur."

Indeed, the EU itself is in crisis. France's own voters rejected the proposed EU constitution, and now EU member states in the east are unwilling to be dictated to by France. French President Jacques Chirac has therefore looked to Russia. "Chirac has the idea that France can outpace its identity, can regain the confidence of an identity, by playing a larger role," Brzezinski says. "There were two myths: the myth of French grandeur, and the myth of Russian power. And they thought that if they could combine these two myths, they could create a political reality."

Countries such as France and Germany have therefore been willing to reconsider their alliances. This was most evident during the run up to the 2003 invasion of Iraq, when the two great coalitions in the EU 5 military intervention were Russia, France and Germany. That day, Saddam Hussein's deputy prime minister, his son revealed that until the very last moment, Saddam did not expect the United States to attack because

of the fact he had in French and Russian pressure at the UN Security Council (Germany, under the new leadership of Chancellor Angela Merkel, is working to repair relations with the United States, and is no longer so cozy with Russia.)

Western Europe's friendship with the United States may soon be tested again, as the continuing confrontation with Iran over that country's nuclear ambitions. An attempt by Britain, France and Germany to negotiate with the regime of Mahmoud Ahmadinejad has failed. The three now must consider imposing economic sanctions. But a military confrontation is also a growing possibility. Washington has said that it is open to keep Iran from getting the bomb on the table.

For Russia, which holds a veto on the UN Security Council, continues to sell Iran weapons and refuses to end its support for Iran's supposedly official nuclear program. According to the Russian Foreign Ministry, Russia has also warned Iran it will oppose both sanctions and war. With Washington and Moscow talking out of different and opposing positions regarding Iran, the chances a Western Europe may soon be forced to choose sides.



STOLEN: A Soviet past remains on the walls of the Ukrainian Palace subway stop in Kiev

It would be a mistake, however, to view Russia's renewed belatedness as a sign of strength. Russia's economic elite is deeply split on high oil prices.

The cost of a currency, according to Brzezinski, is "unavoidable" and "naturally unappealing." In spite of a crackdown by Putin on a handful of key jobs, after the collapse of the Soviet Union, managed to create powerful economic empires for themselves, the country is still largely controlled by oligarchs—often those who are Moscow's line. It is also plagued by widespread corruption and organized crime, which drives away domestic and foreign investors. The criminal development that does exist is concentrated around Moscow

and St. Petersburg. Outside of these population centers, local economies are depressed, and living standards are poor.

More recently, Russia's very territorial integrity is far from secure. Its population is in rapid decline—by an address to the nation last week, Putin called the situation "critical." Much of Russia's vast land mass is unsettled, and its borders sometimes stretch out to space. Putin once said that the collapse of the Soviet Union has led to the rise of the elites and oligarchs in the various Soviet republics, ethnic nationalities that are in urgent need of Russia's economy, particularly in the Caucasus and southern Russia, where some separatist movements have taken on overtones of Islamic extremism.

It is for these reasons that the West cannot afford to give up on Russia, even as it confronts it. For now, because of its price tag overseas, Russia has the ability to project power abroad and interfere in surrounding states that breach the surface. Russia's decline is underway, and the world's eyes will reach far beyond the country's present borders.

"Russia is in such bad shape, despite all the oil money and the vast debt that she still is growing, that it's really not in a condition to be a true competitor," Brzezinski says. "There is a debt that is dangerous in terms of worsening relations. But ultimately, I think it is more dangerous for Russia. They have the most to lose."

Russia's breakup or collapse could be disastrous for the West as well, and would put the U.S. and allies in a difficult position. They are battling an opponent against whom they must prevail, if democracy is to succeed in Europe and Central Asia. But they cannot leave Russia broken and defeated by the core. Ultimately, democracy must prevail in Russia as well. It is this resolution that will be the most difficult, and the most important. ■

ON THE WEB:

For more on Donald Riebel's photos, visit www.macleans.ca/gallery

Taking the brass ring

As demand soars, thieves make off with millions in scrap metal

BY DAFNA ECCHEVERIS • Police people are held at gunpoint in a metal recycling factory in Ukraine. Municipal policemen disappear from the groves of fallen soldiers across Israel. Telephone wires are looted not three times in Langley, B.C., after cables go missing. These incidents, all from last month, shed a common cause: metal theft. Demand for non-ferrous metals in booming economies like China and India has made copper, aluminum and stainless steel extremely precious, fetching record prices on the world market (copper is selling for up to US\$10 a pound, compared to 75 cents six years ago). Not since the aftermath of the Soviet Union's collapse, when the recycling market in St. Petersburg was reported to generate \$15 million a month, has the hunt for scrap metal been so rampant. Only that time it's international.

Shorewood Packaging Corporation in Searborough, Ont., lost an entire cache of unmarked embossing dies—\$200k's worth—last month to theft, sending the company back \$100,000. Larry Fisher, shipping and receiving supervisor at Shorewood, believes it was amateur job, and a sophisticated one. "You couldn't lift that up without a crane motor," he says. "It's a thief's" Fisher reported the theft to the Canadian Association of Scrap Recycling Industries, whose membership includes most of the country's major metal companies. CARI executive director Len Shaw says metal theft has grown to the point that it's wheels are breaking off with a full load of stolen material, indicating that the crime is becoming increasingly organized. "Because an ordinary dealer doesn't drive up to a scrapyard and say, 'I've got a truckload of copper,' a lot of people anticipate that it's thrown into a container and shipped overseas," he explains.

An effort is being made to respond to this new surge in metal theft. CARI has begun sending out alerts to its members about reported robberies, and is working collaboratively with local police services. Some communities are exploring the introduction of buy-back scrap dealers to collect identification from sellers. And in Langley, the police is being asked to keep an eye on their telephone poles and, if they see suspicious characters climbing them, to call 911. On their cellphones. ■

WESTERN EUROPE FACES AN ENERGY CRISIS, AND GAS IS ONE WAY RUSSIA CAN HAVE STRATEGIC LEVERAGE OVER THE EU

idea. Western Pact countries had thousands of tanks lined up and ready to roll into the West, and they wouldn't be coming with Iranian gas deals and a common pretense about the American hyperpower. This has changed. Western Europe no longer faces a strong military threat from Russia. It does, however, face an energy crisis.

Western Europe already gets about 25 per cent of its gas from Russia. "Russia still has strategic leverage over the Europeans," says Hal Gardiner, a professor of international politics at the American University of Paris. And according to Robert Johnson, a professor of Russian history at the University of Toronto, this leverage is becoming more powerful. "Due to economy, particularly an oil economy with the instability of the Middle East leaving large, is making a lot of European countries be more conciliatory to the Russians and want to establish great stability in their dealings with them."

There are also gas strategic issues at play, particularly with France, which has long sought an alternative to American global dominance. Brzezinski describes France to a country undergoing an identity crisis. "They



DISPLACED: Ukrainian refugees Maria Japova and Mariana Prudka, in Thrift



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CRASHING SCOTT HAND'S BIG DAY

Inco's CEO sees his dream merger stymied by a familiar interloper

BY GAIL KAMPHRE • Early last week, in the plush surroundings of Miami's Turnberry Isle Resort and Club, two of Canada's top mining executives were preparing one of the biggest moves of their careers. Both were on the brink of what might be defining moments, not just personally but for the world's high-flying mining industry. Scott Hand, a long-time Inco Ltd. executive, was finally on the cusp of acquiring the crown jewel nickel mine in Sudbury, Pilcoobridge, in a \$12-billion friendly deal that would place him atop the world's third and most powerful nickel

After 20 years with CIBC World Markets, he now fixed it in itself as the helm of the world's biggest wire producer, a company usually in cash and ready to expand.



INCO WANTS to be the world's biggest nickel producer, but Tyck Corinco has other plans.

consideration possibilities that could use any or all of the properties emerging or being taken away by other big players. It also wasn't the first time Inco, Polkoreberg and Teck have crossed paths, leaving Inco, and Teck, users right on the wrong side of the encounter.

In the end, "Not, both Polkoreberg, which was being advised by Lindsay & Calk, and Teck, under its chairman Norman Keville, decided to go ahead with the deal," says Inco's president, John D. McEwen, who is in Vancouver's Burray. Inco was also in the boat, and already owned a small stake when Keville spotted what you considered was:

...an admission of just how bad the move had been. "I would think that Scott [Inco] was very cognizant of the fact that he was president when that took place," says Stans. "Therapeutic" galling matches for Scott that he thought he was going to be ending his career as a high note with the merger of Inco and Polkoreberg, and now that looks like it might be going away from him. I think that's a very good thing. It was not a recovery from Inco and [Polkoreberg], which really is a recovery probably beyond a doubt, written states.

price that facilitates investment in Vösey's Bayern 1995, boosting the value of the deal. The following year, as Inaco sought to secure the rest of the municipal rights, Polanco-backed Inacochem bought both. Both moves significantly inflated the price Inaco would eventually pay for Vösey's Bayern. In 1996, Inaco completed its purchase of Bayern 1995.

TECK COMINCO'S \$17.8-BILLION BID TO TAKE OVER NICKEL GIANT INCO CAUGHT THE WHOLE INDUSTRY OFF GUARD

drawn for a billion—sure that proved to be far too high.

There is a certain irony that *Felchenblitz*, being advised by Don Lindsay, and Nicci Beavel with Teek, were the big winners in *Yabey's* Bay," says Lawrence Smith, the director of criminal-justice research at Blackstone Capital. "They ended up selling some 400,000 shares and pocketing a lot of money, basically."

Intco's investment hung like a dark cloud over the company for nearly a decade, as racial protest flared and Newfoundland and Labrador muddled in the terrors under which mining could begin. In 2007, the company wrote down the value of Molay's lily by 15.5

bridge. Last November, Tuck met with Kinnaird, but nothing has since followed from those talks, says Doug Hammett, a senior vice-president at Tuck Consulting. Some analysts suspect the discussions of six months ago are being revisited, in light of the regulatory delays facing Ineos and Valero's bid.

In the past several months, the mining industry has developed a stable appetite for growth. There is ample amount of cash, given demand for minerals from places like China. Most expect the good times will continue soon. "The flavour du jour seems to be bigger is better," says

they were set to make the push against the annual Merrill Lynch offering conference, before an audience of some of the most influential and powerful analysts and investors, Lansbury made his now-legendary "back to the future" announcement: "I'm not going to attend," he told \$175 billion of the world's top investors. "I'm going to go to Folklife." He was, of course, joking. He was, in fact, en route to Folklife, where he was to meet with the folks. Lansbury stayed in Miami, delivering the sales pitch of his life: a speech outlining why investors should embrace Tick Coorssen.

The story was a disaster, and a pretty ugly replacement was for Miami. Up to that point all that was standing in the path of the Tick-Folklife bid was regulatory approval from the U.S. and Europe, which had been delayed over from the combined company's goal to be in and hold on to much money over the next 18 months. Tick's announcement threw everything by its ear, opening

Yaris.ca



On his BOTOX shot pays hundreds of dollars, treating wrinkles \$50. But anesthesiologist with the system, too, is driving the costs.

Has your doc left you for Botox?

GPs, anesthesiologists, even dentists are now dropping medical work to take up cosmetics

BY AMIE KIRKSTON • When calls reach the west end of Toronto dermatologist John Goldbach, they are politely informed that "the doctor is no longer seen patients for derm, Botox, cosmetic derm, connective tissue derm or periorb." Goldbach, whose practice is 80 per cent devoted to cosmetic procedures, makes no apologies for berating patients with the afflictions. "They're all very time consuming," he says. "It's a matter of compensation."

He is not alone. Five years ago, Kevin Smith, a dermatologist in Niagara Falls, Ont., began declining his medical practice, refusing new referrals and telling patients to try another doctor or travel to Buffalo, where they have to pay out of pocket for their care. (Niagara Falls is only a few kilometers from Buffalo.) Since he started practicing in 1988, the demand for medical dermatology has grown volume and worse. Smith says, pointing to rising expenses because of new technologies

and fees that have remained static or even declined in real terms. "My rate here was \$6," he says, referring to one follow-up consultation with a portrait artist. "I finally said, 'I'm not doing this kind of work for this amount of money.'" Nowhe charges patients as a means of putting up ongoing fees.

Then there is D&K on Avenue, a 30,000-sq. foot office in midtown Toronto billed as Canada's first free-standing outpatient of non-surgical skin enhancement, which has treated more than 2,000 clients since it opened last year. It's operated by dermatologist Lisa Kellner, who began her career in 1998 in medical dermatology but switched to cosmetic procedures a year later. Her specialty is laser technologies, which are covered by provincial health insurance only in some cases.

The increasing cosmetic nature of the Canadian medical system is evident in a number of less quotable ways. Some brochures in family doctors' waiting rooms, tales of GPs shortening their practices to focus on "in-journals" and laser hair removal, doctors' glossy selective advertising, derm clinics, and the lengthy wait times to see dermatologists for medical—rather than aesthetic—reasons. Botox® will be two weeks. A scope

exam will be two weeks. A skin biopsy for an assessment, depending on where you live.

"Everyone's in on it," says Paul Cohen, a high-profile Toronto dermatologist. "Anesthesiologists, general practitioners, even ophthalmologists are doing cosmetic stuff. You hear about doctors doing laser on their skin." He says he routinely gets calls from colleagues who are GPs, wanting to learn Botox technique.

And so physicians increasingly devote time catering to those of us on a quest for finer, whiter, bouncier skin, the availability of care for people who are actually sick dwindles. A report published by the Ontario Medical Association last November referred to family medicine as "a dying specialty" in need of "a new association." The number of dermatologists, too, is on the decline, from 595 in 1994 to 533 currently, with no representation at all in the Northwest Territories. Edmonton dermatologist Gordon Scarle is currently updating a workforce survey he conducted in 2001 with two other dermatologists looking at the downward drift, which is also attributable to government questions on student enrolment and residency positions. "We're chasing our own extinction," he says. "The number of [dermatology] training positions at the time was six."

That study revealed that in 2001, 56 per cent of residents were performing services not covered by provincial insurance plans, though only six per cent said they were devoting more than a quarter to a fifth of practice time to cosmetic work. Scarle's updated results

are expected next year. Anecdotal evidence suggests the amount of time devoted to cosmetics will have risen significantly. When Cohen began his practice in 2001, for instance, cosmetics comprised five per cent of his time; now it's 30 per cent. Scarle's 2001 study also revealed a disparity in wait times for medical and cosmetic services. A patient in medical crisis would certainly receive an expedient service, but one with a non-life-threatening condition such as acne or eczema waited an average of seven weeks, which could extend to many months in areas with few practitioners. The average wait for non-secured procedures like Botox, on the other hand, was only six weeks.

In a way that even the Prime Minister's press secretary is now grovelling to his policies, the focus on epidemics or government-led by "rejuvenation" and "enhancement" have become broader beyond, especially in provinces such as focus facial muscles in regard to basic grooming in many circles.

Botox, says Neil Abella, a Toronto family doctor who doesn't administer the toxin. Botox's worth is recognized far more when working in the private sector, as evidenced, say, than by government. Abella observes, "We're no different than any other group who expect to be respected and paid for what they do," he says. "We have to run a business, too."

Botox is also a factor. Cosmetic work can be satisfying. Cohen says generally happy and appreciative results are most. One GP who shut down her family practice in Toronto to do full-time cosmetic work says she'd grown tired of dealing with complaining, unhappy patients with sick people, in other words. Cohen agrees the sentiment. "You get worn out and you think that's a great way to make a living," he says, though he has no plans to

do so. The divide between patients and doctors. "You have to separate them," says Cohen. "Customers expect service, all of a sudden it feels like you're working at the Gap." And that others in new ethical environments. In the cosmetic marketplace, consumer pressure, notes Gerschlager, who points out that many non-specialists are not adequately trained. He recently saw a woman who easily lost her lower eyelid after an injection administered by a GP.

As patients, we've been taught physicians know best, they're God-like caregivers with a mandate to make people feel better—literally. But in the consumer marketplace, feeling better is a state of mind measured in terms of "self-esteem." Causes include their own diagnosis. When Kellner consults with clients,

for example, she asks them what they want to change when they look in a mirror. She says she will refuse to do certain procedures if the

BOTOX? IT'LL BE TWO WEEKS. A SUSPICIOUS MOLE? YOU MAY WAIT MONTHS FOR AN ASSESSMENT.



MORALE is a factor. Cosmetic clients are typically satisfied.

abandon medicine. "It's tiring, frustrating, but I have too much training. I don't want to waste that."

Other doctors point to the thrill of being at the forefront of technology. The most exciting technological breakthroughs are happening on the cosmetic side, says Alanie Croteau, a Vancouver dermatologist who, with his wife, Dr. Jean Carrière, pioneered the use of Botox in Canada in the 1990s. Croteau made his practice exclusively cosmetic in 1999. "Treating that cancer was the reward, being able to give Botox and the filler Botox was the reward," he says. "The other procedures were making the envelope."

Many doctors say their more lucrative cosmetic work permits them to spend more time with medical patients or even to do private work. Kellner, for instance, provides free laser treatment for children to remove freckles and treatment scars, a service she recently cancelled to deal with the demands of cosmetic abuse. Many of her referrals come from the Hospital for Sick Children—which, oddly, doesn't have the cutting-edge technology she uses.

The cause for the decline of aesthetic pa-

dentists believe they're in the clinic's best interest or if expectations are unrealistic. Still, the threat is getting the signal.

There is also a subtle blurring of cosmetic and medical care. Kevin Smith, for instance, who doesn't see patients for non-cosmetic services, will provide medical care to his cosmetic patients if the spot is a problem. He uses it as a responsibility. "You have to be a good dermatologist," he says. Paul Cohen, for his part, has diagnosed five melanomas while doing cosmetic work. As such, cosmetic procedures—for those who can afford them—can be a shortcut to medical attention.

Eduardo Kugel, a professor of biomedical ethics at the University of Victoria, takes issue with physicians doing any kind of cosmetic work. "Traditionally, the professional mission of the use of the physician is to cure certain cases, not to do cosmetic work, or even to do a cosmetic procedure," he says. "It's not a patient's right to have a cosmetic procedure, the patient becomes an object, an end on which the doctor can create. That constitutes a fundamental shift to medicine as a commodity." The professional-patient relationship in such cases follows an "instrumental" model, he notes, one that does what the patient asks and what society expects. "That's unacceptable," he says. In the current climate, however, that's exactly what doctors are delivering. ■



A SMASHING WAY TO FEEL BETTER

A restaurant in the Philippines helps customers overcome frustration by letting them throw a plate and other breakables against a wall of food. For as little as 25 cents, diners can punch a plate and yell "Shove me your ass" at a wall in the canteen. The wall is marked with words such as "Be wild" and "Scream louder." If breaking plates isn't satisfying enough, the staff's trained to upgrade to water, bowls, and, for about \$27, an old TV.

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[illegible]**FASTER**

"WOMEN TO THE BACK" (musicals were disturbing, as well the journey and bravery

PILGRIM'S PROGRESS

An uncertain Muslim embraces that unique planetary event, the *hajj*

BY BRIAN BETHUNE • The *hajj*, the annual Islamic pilgrimage to the holy city of Mecca, is simply unique, not just in religious terms—although there is nothing comparable in other

death-like, as a planetary event. The last of his nine life pillars, this flag of obligation, is born once in a lifetime, for every Muslim physically and financially able to make the journey on its turning-five-days during Dhu al-Hijjah, the last month of the Islamic lunar calendar, and place are inevitable. All of that makes it the largest and most intense annual migration in the world. Once a year more than two million Muslims—in hundreds of ethnicities, languages and religions—interpretations—congregate in a tiny corner of Saudi Arabia for one of the most profound experiences of their lives.

When a wealthy Hammond decided to take part in the March 1999 pageants, he approached it with reverence—and some awe. Hammond—a Wisconsin-born, Ph.D.-educated Princeton anthropology professor married to a non-practising Jewish woman from Montreal—was no longer a believer. Yet in a way that still rings familiar to millions of so-called “cultural Christians” in the West, he cannot ungrasp a life outside the ethics and sensibilities of his ancestral faith. As a scholar, he wanted to study the role of ritual in religious faith, as a 61-year-old man, he wanted to reconnect with his past.

As distanced from Islamic belief as he felt, Hamzowell was just as alienated from his Princeton life. "Nothing here speaks to me," he wrote in his diary before departure, "not

this magnificent chilly campus, not the trees everywhere, not the society so often given to compassion and violence. And on top of all this—concepts for *Anita*! Himmelfarb had no doubt where he belonged, as the movie's *A Season on Mars*, his account of his kag experience, but he was not entirely sure of his welcome there: "Islam is my home," he writes "but I probably is as a bad Muslim one."

Hannouche's warring feelings suffice his graceful book: the constant dread that at night somehow lose his national self, and that he was trespassing on the faith and generosity of the devout friends who managed to get him included within the Moroccan quest, and a simple desire to believe. He tells

HE WAS UNSURE OF HIS WELCOME
'ISLAM IS MY HOME,' HE SAYS, 'BUT
I INHABIT IT AS A HOMELESS MAN'

Deaths has always marked the day, in ways large and small. This year's pilgrimage, in January, saw some 370 people transported to the hospital, and the day was also marked by distributing the law rice of funerals to the poor.

is symbolic expression of history. No disaster of this scale struck during the medieval pilgrimages—of the high life, like many others, emerged from the swirling crowd about to fall away with the candles snuffing, but furnished with his pilgrim's pack shouldered. And the crowd was constantly called upon to offer prayers for the Holy Land. "There is a heart and mind," Blackmore explains over the phone from his university office, "and never enough sleep. Emotions are high and often out of balance. People use the spiritual dimension. Many people are lost in the desert. And there are lots of ordinary people who go to the holy places to find some sort of help with their lives. Aspects of the religion are not always understood. Think of the numbers: two million people who at some moments all have to be in the same place at the same time."

Repetitive phrases preached enthusiastically by the inquisitors that had already disturbed him about those same strands of Islam, particularly the subversive role accorded women on the flag. He finished the puritanical beach lectures and then a rather harsh command: "Women to the back! Women to the back!"—and was sternly reprimanded when his friends' wives refused to comply, arguing that the flag was a time to condemn on spiritual matters. "And these were gross women," he says, pointing to their example to show that women need not show themselves to achieve equality.

Shocked, exhilarated and occasionally almost shattered by joy as he was, Hammarskjöld did not come away from the Aigi as a born-again Mafian. But he was renewed in his belief in his people and their traditions. He even, in a moment of transport, thought he saw his long dead father open his cloak and close it about a child passed across him. "Clearly,"

that was more than a metaphor," he says now, "but more than a fantasy too: it was a moment of disconnection with him. I had never had a bad break with my father; I always knew he loved me as I loved him, but I also knew my life is very different from the one he—a poor Muslim—lived. I would have. The vision was like him saying, 'I love you in spite of everything.' Just the way Hawthorne feels about the faith of his father. ■

DIVINE TRADEMARK: EGGS IN THE SERVICE OF GOD

The son of a member of the Department of Religious Affairs in the Muslim community of Thrace purchased some eggs recently, and while he got them home he found an odd distortion on one egg shell. Closer examination showed the distortion spelled the word "God." Other instances of divine text appearing on eggs in the affluent Southeast Asian region included a shell that bore the ex-act phrase, "There is no god but God."



IT'S A
MIRACLE

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ANOTHER SHOT AT THE BIGS

After nine years in exile, Ted Nolan is rebuilding his coaching career

BY CHARLIE GILLIS • It is not an easy promise for Ted Nolan to make. If there's an NHL coaching offer on the table next fall, the former Buffalo Sabres bench boss vows that he won't take it personally. No talk of retribution. No hints of racism. No mere heeling about shadowy issues plotting to strip him out of the big league. "That's over," he says, referring to the cynical barbs with which he has agonized NHL hirings, an end all, since his acrimonious parting with the Sabres nine years ago. "If the National Hockey League comes calling, I'll be the first to jump on a car or a plane or a horse if it doesn't. I'm not going to be miserable, sitting around waiting for a phone call. I've learned to be happy with what I have."

What he has, ironically, may be just what it takes to release him from hockey purgatory, bringing an end to one of the game's most mysterious subplots: Nolan, a 48-year-old Ojibwa from northern Ontario's Garden River town (Nolan, has been frozen out of the NHL since he refused a one-year contract offer from the Sabres back in 1997) with a dubious record, a vicious play-farrier and a Jack Adams Award for coach of the year under his belt on Buffalo already, he figured he was worth a better deal. And an owner he was right. But behind the scenes, he had clashed with his general manager, Jukka Hakala, as well as the Sabres' governing body, Don Garber. Hakala—once whose streak on the league would send drooping Buffalo led Nolan, and as time after seasons head lower casualties, speculation increased that someone was pouring poison in the ears of clubs interested in him. Meanwhile, now general manager of the Ottawa Senators, denied the managers, as did a handful with the Sabres. But to anyone familiar with the league, it seemed clear he'd be on blackballed.

Nolan, no detourist, sank into bitterness. He gripped to reporters as NHL jobs went by. He shrugged cooly when asked if



he was a victim of racism. "I wanted the first two years waiting for a call that didn't come," he now says. "You begin to get depressed, always wondering, waiting." He salvaged the

second by returning to his roots, teaching hockey to Aboriginal youngsters and launching a native scholarship foundation. But pride kept him from taking a job at the minor or junior league, where he had already put an invoice. Finally last summer he decided he'd had enough. When an offer arrived from Robert Irvine, industrial sales and owner of the Quebec Major Junior Hockey League's Moncton Wildcats, he made his move.

There was much at stake: having spent the better part of a decade away from top-flight hockey, Nolan's past accomplishments seemed

NOLAN has learned to let go of the bitterness of being frozen out of the NHL.

like a dream. "I wasn't racist," he says, "especially for those first few years." He also had to contend with the notoriously caustic crowds at Quebec's minor league. In Chateauguay, fans mimed normal speech, shouted racial slurs and aimed imaginary bows-and-arrows whistles from behind the bench. Team officials in Quebec were forced to publicly apologize to him after playing year three inside their public address system.

In the end, though, he prevailed. The Wildcats finished five seasons with a league-best 52-15-1 record. This week, Moncton will host the Memorial Cup tournament, featuring the top junior teams from Quebec, Ontario and the West. Nolan coaches his players and assistant coach, Danyal Flynn, with the team's performance. But his long time alone never faded him. "I don't understand adversity and the underdog movement," says Barry Reiss, whose Sask. Ice Major Greyhounds won three straight Ontario Hockey League championships under Nolan's direction. "If he detects that a player isn't honestly concerned, he won't stand for it."

It is a formula, you'd think, to tempt any NHL manager with an underperforming team: hockey's prodigal son makes star-buck return, adding to the league's Aboriginal quota of which—with the emergence of 90-goal scorer and former Nolan protégé Jonathan Cheechoo—is becoming one of its truly heartwarming narratives. The Vancouver Canucks could use a coach like Nolan, Los Angeles and Long Island. What

HE SALVED HIS WOUNDS BY GOING BACK TO HIS ROOTS, TEACHING HOCKEY TO ABORIGINAL YOUTH

could possibly stand in his way? Only himself. Emotional, proud, defiant and occasional, Nolan has always been a harder man to lead than he is to follow. These are the marks of a good hockey player. Under the right conditions, they are the makings of a great coach. If Nolan is able to swallow rejection after the kind of season he's just coached, then maybe, just maybe, the first light of hope for his transplanted return.



STREETCAR RACES, WHERE CHICKS RULE

The city of Szeged, Hungary, has staged the world's first drag race for streetcars. Contrabands boarded streetcars and accelerated over 100-m-persec tracks, overcoming the misadventures of a night after a weekend with shell and dining. Speeds of up to 40 km/h were achieved, and a shocking upset emerged. Gabriele Kiss Klonka, a female train driver, beat 17 competitors, sparking a demand from male drivers for a rematch to resolve their dispute.

CLIPPING SERVICE

DIABETES

doesn't mean giving up all the foods you love

But it does mean having to pay attention to how food choices affect your blood glucose. Testing blood glucose before and after meals is a great way to learn what's working for you. It helps you see if your glucose levels are too high on a regular basis—so you can work with your healthcare professional to adjust your eating habits (portion sizes, types of foods, etc.) to help you stay in range.



Discover that staying in range doesn't have to be boring

- Start by knowing your carbohydrates (carbs) and understanding how much you should eat.
- Carbs are the starches and sugars in food such as grains and fruit. Your body uses carbs for energy, but they raise your blood glucose higher and faster than any other kind of food.
- To keep your blood glucose from going too high it's important to find the right balance of carbs for you.

How much should you eat?

Your hands can be very useful in estimating appropriate portions. Try it always with you, and they're always the same size! When planning a meal, the Canadian Diabetes Association suggests using these portions as a guide:

- **Grains, starches and fruits:** Choose an amount up to the size of your fist.
- **Meats and alternatives:** Choose an amount the size of the palm of your hand and the thickness of your little finger.
- **Vegetables:** Choose as much as you can hold in both hands. Choose low-calorie dark vegetables (e.g. green or yellow beans, broccoli, lettuce).
- **Fat:** Limit fat to an amount the size of the tip of your thumb.
- **Milk and alternatives:** Drink up to 250 ml (8 oz.) of low-fat milk with a meal.



Adapted from the Canadian Diabetes Association's *Let's Eat Smarter! Your Healthy Eating*. Diabetes Division and Management Unit, August 2005.

Did You Know?

Eating around meal times can help you see the impact of food and portion choices on your overall blood glucose control.

Target blood glucose levels are recommended by the Canadian Diabetes Association.

	BEFORE MEAL	2 HOURS AFTER MEAL
Target for most people with diabetes	4.0 - 7.0 mmol/L	5.0 - 10.0 mmol/L
Normal range (if not on insulin therapy)	4.0 - 6.0 mmol/L	5.0 - 8.0 mmol/L

These targets are intended to be guidelines only. You and your healthcare team should set targets that are specific to you.

- Testing just before a meal can help you decide what to eat and how much.
- Testing 2 hours after a meal can help you understand if your meal choices helped keep your blood glucose within your target range.

*Canadian Diabetes Association 2005 Clinical Practice Guidelines

Monitoring the effects of your menu choices will put you in charge of what you eat

- How are your results before meals? Are they above or below your target range?
- How much do they rise after a meal?
- Look for patterns. For example, are your results always high after supper but in range after breakfast?

Before making any changes in your regimen talk to your physician or diabetes educator.



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OVERCOME.

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On May 29th, Annika will tee off with our partners and friends at Magna Golf Club in Aurora, Ontario. Together, we're aiming to raise \$250,000 for Women's Place, the Canadian Women's Foundation and other women's charities across Canada. It's the one day in golf we'd all love to see high numbers



The number of Canadians with high blood pressure will soar in the next decade

Most Canadians have certainly heard of high blood pressure, but are likely unaware that it is the No. 1 risk factor for stroke, and a major risk factor for heart disease. It is estimated that five million adults in this country have high blood pressure—but only 16 per cent have it under control. And the numbers are only going to soar. "This year, every day, almost 1,000 baby boomers will turn 60, entering the prime age for heart disease and stroke," says Dr. Beth Abramson, cardiologist and spokesperson for the Heart and Stroke Foundation. The Foundation's 2006 Annual Report on Canadian Health showed that over the next decade the number of Canadians in their 60s is expected to jump by 50 per cent, to 4.2 million. Adds Dr. Norman Campbell of the University of Calgary, who helped develop the 2006 guidelines for the Canadian Hypertension Education Program (CHEP): "One half of Canadians over 55 have high blood pressure, or hypertension. If you are 55 and have normal blood pressure now, you are 50 per cent likely to develop it over the next 20 years."

The Heart and Stroke Foundation is at the forefront of setting the groundwork for prevention. The new CHEP guidelines, of which the Heart and Stroke Foundation is a contributing member, reflect substantial gains in diagnosis. As a result, more people with high blood pressure are being treated earlier and more effectively. "Canada has the potential to have one of the best systems worldwide for

bringing high blood pressure under control," says Dr. George Honos, Heart and Stroke Foundation spokesperson and associate professor of medicine at McGill University in Montreal.

But these improvements in diagnosis are offset by the imminent increase in new cases. "We are talking very large numbers and treatment could be very expensive," says Dr. Campbell. "After all, high blood pressure is the leading reason an adult visits a physician." He adds that proper diagnosis and treatment of high blood pressure can reduce the incidence of stroke by 40 per cent and heart attack by 20 to 50 per cent.

Dr. Campbell has this advice for all Canadians, regardless of age: know your blood pressure. And if you don't know what your readings are, ask your health-care provider to get them for you. Any reading higher than 120/80 deserves your immediate attention. Blood pressure can be controlled with the proper medication and lifestyle changes. "It will make the difference between your life and disability or death," he says.

The Heart and Stroke Foundation offers tools to help Canadians understand and control their blood pressure. The HeartStroke Blood Pressure Action Plan™ is a free, confidential, Web-based resource that Canadians can use to get support to prevent and control high blood pressure. Visit www.heartandstroke.ca or call 1-888-458-INFO for more information.

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Some risks can be managed. One of them is your high cholesterol, which can lead to cardiovascular disease such as a heart attack or a stroke.¹ Cardiovascular disease is the leading cause of death in Canada and about one quarter of heart attack sufferers do not survive.²

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Cholesterol & Your Heart

Making the Connection

1. Risk Factors - Cholesterol, Heart and Stroke Foundation, 2002-2003
2. Statistics Canada, Causes of Death 2002

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WHAT IS BLOOD PRESSURE?

Blood pressure is the force of the blood pushing against the walls of the arteries. Think of it like water in a garden hose. If the water pressure is too high, it can cause the hose to burst, especially in weak areas. Similarly, if blood pressure is too high, it may burst a blood vessel in the brain causing a stroke, or burst a blood vessel leading to the heart, which could result in death. High blood pressure can also damage blood vessel walls and promotes the build-up of fatty plaque, a condition known as atherosclerosis. Strokes and heart attacks occur when a piece of this plaque breaks and a blood clot forms, blocking blood flow to the brain or the heart.

Understanding the readings

Unlike the pressure of water in a garden hose, the pressure of blood in your blood vessels isn't constant. It rises and falls with every beat of your heart. That's why blood pressure is always given as two numbers. The higher number represents the pressure when your heart beats, pushing blood out. This is called **systolic blood pressure**. The second, or lower number, represents the lowest pressure when the heart relaxes between beats and fills with blood. This is called **diastolic blood pressure**. An optimal reading is 120/80 or lower.

The silent disease

The only way to know if you actually have high blood pressure is to have it measured. Often the first symptom is a stroke or heart attack. You should ask your healthcare provider for the number and what it means. In general, unless you have heart disease or another serious illness, the lower the number the better. Get your blood pressure checked at least once every two years by a healthcare professional.



Here are the facts

Among the five million Canadians who have high blood pressure...

- 16% have it under control
- 23% have been treated, but don't have it under control
- 42% don't know they have it

CUFF 'EM!

Control these blood pressure factors to lower your risk of heart disease and stroke

You can't control your family history or your age, but you can control behaviours that put you at higher risk of high blood pressure: how much salt you may

www.heartandstroke.ca

eat, alcohol you may drink, the stress levels you may be under and smoking. Here are the reasons why you'll want to cut them.

SALT

Many of the foods we eat in Canada are salty—chips, pretzels, popcorn, sauces, condiments and processed foods, not to mention the salt we shake on our food. Here's the catch: it is suggested that your body only needs one teaspoon (5 mL) a day to function properly.

The risk factor: Eating a lot of salty foods increases the volume of blood circulating in your arteries, which leads to high blood pressure.

Cut it: The Heart and Stroke Foundation suggests Canadians limit salt intake to 1 teaspoon or 5 mL a day (2400 mg of sodium). Even if Canadians reduced salt intake to 2 teaspoons (10 mL) daily, it could lower the number of strokes in Canada by one third and heart disease by one quarter. Look for the Heart and Stroke Foundation's Health Check™ symbol, now on more than 600 food items, to ensure that the products you buy are healthy choices.

ALCOHOL

It's fine for Canadians to kick back with a favourite brew to watch hockey or drink a fine wine with dinner—as long as it's in moderation.

The risk factor: Drinking more than two drinks a day on a regular basis may raise blood pressure and may increase blood lipids like cholesterol—two major risk factors that contribute to heart attacks and stroke.

Cut it: The Heart and Stroke Foundation recommends that you limit your daily intake to one to two standard drinks of beer, wine or liquor for a weekly maximum of nine for women and 14 for men. A standard drink includes one bottle (341 mL) of 5% beer, one glass (142 mL) of 12% wine or one shot (43 mL) of 40% spirits.

STRESS

When we're under stress, it's like being in an emergency situation. Our bodies go on full alert. The result can be that the heart beats faster, arteries get stiffer, blood clotting factors increase and blood pressure rises. In a life or death situation, it nudges us for conflict or to make a quick escape from danger. In today's frantic world, stress is becoming chronic.

The risk factor: Chronic stress is often associated with unhealthy activities such as smoking, overeating, excessive drinking, or physical inactivity—all contributors to heart disease and stroke.

Cut it: The Heart and Stroke Foundation suggests that



taking time for regular physical activity and healthy eating may help you cope with stress. If stress persists, consult a health-care practitioner.

SMOKING

Cigarette smoke contains heart-damaging substances: carbon monoxide and nicotine, among other toxins. Carbon monoxide reduces the amount of oxygen that your heart receives. Nicotine makes the heart beat faster and harder. Not only does smoking affect you, the smoker, but those around you are affected as well.

The risk factor: After years of smoking, blood vessels get smaller, artery walls become damaged and plaque forms. When the plaque ruptures, the result can be a heart attack or stroke. Second hand smoke can increase heart rate and blood pressure in non-smokers and after repeated exposure can result in heart attack or stroke.

Cut it: The Heart and Stroke Foundation recommends that all smokers quit—for your health and the health of your loved ones. No ifs, ands or buts.

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researchers and research teams across the country.

Tracking the genes for high blood pressure

Thanks to the unique history of 120 families who have lived in the Saguenay-Lac-Saint-Jean region of Quebec for more than 900 years, a genetic database now offers hope for improved diagnosis and treatment of high blood pressure.

A team of researchers funded in part by the Heart and Stroke Foundation, led by Dr. Pavel Hamet, Director of Research at the Centre hospitalier de l'Université de Montréal, created the genetic database. So far, the team has found 46 significant chromosome areas that are associated with high blood pressure—a major risk factor for stroke and heart disease. "This work would not have been possible without the unique contribution of the people of Saguenay-Lac-Saint-Jean," says Dr. Hamet.

Many of the families studied arrived in this region of Quebec in the 17th century and their direct descendants still make up a large percentage of the population. The local parish church registers show that premature death (compatible with strokes and heart attacks) runs in certain families. By testing the modern descendants of these families, Dr. Hamet's team has been able to identify exact locations of genes that may contribute to high blood pressure and is on the way to uncover specific mutations within those genes.

The information gained from his database will be used to develop genetic tests to improve the diagnosis and treatment of high blood pressure.

Physical activity just as good as estrogen in controlling blood pressure

New Heart and Stroke Foundation research by Dr. Paula Harvey and her team in Toronto shows that 45 minutes of brisk physical activity by post-menopausal women may be as effective in protecting them from high blood pressure as naturally occurring estrogen in pre-menopausal women. Women in menopause have lower levels of estrogen in their bloodstream, and as a result lose out on its protective effects on the heart. Women's risk of heart disease increases after menopause.

Dr. Harvey recruited 14 pre-menopausal and 13 post-menopausal women to work out on a treadmill for 45 minutes. She found this physical activity improved the ability of the



Look after your body. It's the only one you've got.

With Fruit Plus Veggie you get the delicious goodness of real fruit, plus healthy benefits. An excellent source of Vitamin C and Vitamin A, with 2 servings of fruit and vegetables in every glass. It's the easy way to take good care of yourself.





Hot under the collar – neck size and high blood pressure

If you are a male, overweight and have a thick neck (collar size of 17 inches or larger), there is a 40 to 50 per cent chance you will develop obstructive sleep apnea that will put you at high risk for developing high blood pressure, says Dr Douglas Bradley, a Heart and Stroke researcher in Toronto.

Large necks are associated with obstructive sleep apnea, a condition that causes snoring and intermittent gaps in breathing (apneas) during sleep due to encroached amounts of fatty tissue pressing on the throat and constricting it. This leads to a collapse of the airway during sleep, suffocation and a struggle to breathe. This activates the fight-or-flight reaction in the central nervous system and raises blood pressure as a result. Untreated chronic sleep apnea can therefore lead to high blood pressure not just at night, but throughout the day as well. Thirty-five per cent of people with high blood pressure also have sleep apnea, he says.

But if sleep apnea is treated with a Continuous Positive Airway Pressure (CPAP), a device that provides pressurized air via a nasal mask that keeps the throat open and abolishes apneas, blood pressure has been shown to drop by an average of 10 points. However, medications to lower blood pressure may also be necessary in individuals with sleep apnea and high blood pressure.

Your turn to take control

This year, for the first time ever, the Heart and Stroke Foundation, the Canadian Hypertension Education Program, and BP Canada released public guidelines for the management of hypertension (high blood pressure), covering important new lifestyle

- lifestyle changes to reduce high blood pressure
- diagnosing hypertension
- home blood pressure monitoring
- medications to control high blood pressure

The guidelines and more information can be found at www.heartandstroke.ca and www.hypertension.ca

What's new with Health Check™

Health Check™, the Heart and Stroke Foundation's food information program – a well-recognized and trusted symbol for healthy food choices that are lower in salt and fat – is branching out to restaurants.

Breaking this new ground is Van Houtte Café, a Quebec-based coffee-bistro chain of 70 outlets that offers a new Healthy Lifestyle Menu, including a selection of eight meals that meet the program's nutrient criteria for total fat, saturated fat, protein and sodium.

And more restaurants are expected to follow suit. "This step shows the potential of the program for restaurants and cafeterias," says Terry Dean, Health Check's General Manager.

Growing strong

Since its initial launch seven years ago, Health Check has grown consistently and now includes more than 600 products and 100 licensed brands.

Today, public awareness of Health Check is at an all-time high. In addition, a recent poll shows that consumers are more likely (84%) to purchase a food or beverage if it has the Health Check symbol on it. And it's no wonder. The program is supported by the Heart and Stroke Foundation and its affiliates and based on Canada's Food Guide to Healthy Eating.



New products, new partners

New companies join the Health Check program regularly. Their teams work closely with companies to build public awareness about their Health Check brands or helps them find ways to reformulate their products to make them a healthier choice.

Keep watching

Look for the Health Check symbol in your grocery store. Visit www.heartandstroke.ca and search Health Check for more information.

(Health Check™ is a trademark of the Heart and Stroke Foundation of Canada)

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Blood pressure control is important all day, especially in the early morning. Talk to your doctor.



Boehringer Ingelheim (Canada) Ltd is a sponsor of World Hypertension Day and proudly supports the Heart and Stroke Foundation in this important public health initiative.

'I FEEL SORRY FOR SHATTERING HER HOPE TO BE FREE FROM JAIL SOONER—BUT AS A SPORTSWOMAN I HAVE TO FIGHT TO WIN!'—BOXING CHAMP NANAKO KIKUCHI KEEPS CONTENDER IMPRISONED

DICK SHARPE U.S. PARENT MAKES DEAL OF YEARS CANADA

The fight over the future of Scott Canada has already had its share of nasty exchanges, but when former CEO Dick Sharpe got involved last week, it got a lot hotter under those smoldering coals. The American parent company, Sun Holdings, owns a large stake of the publicly traded Canadian subsidiary, and has for months been trying to buy out the remaining public shares and fold Sun/Canada entirely into the broader Sears empire. That's touched off a nasty fight between the two empires' shareholders. Last week, Sharpe told the *Financial Post* that Alan Lyle, chairman of the U.S. parent company, is engaged in an act of "corporate terrorism." Sharpe was Sun Canada CEO from 1979 to 1989 and is angry that the U.S. parent is threatening Sun Canada's spending on store maintenance, hurting its long-term prospects. "But I don't know anything about retailing," Sharpe said of the U.S. exec. "They are running the corporation in their own minds, and once you do that, it's going to die."

STEPHANIE MCCOLL FISHERMEN NEED NOT APPLY

Sophia Loren credits her famous curves to spaghetti and meatballs. Toronto's Stephanie McColl, PETA's new Senior Vegetarian Advocate, attributes her looks to garbanzo beans and wheat grains. The 35-year-old Ontario College of Art and Design student is Canada's first winner of the title, heading out hundreds of "lovely ladies" who posed their photos online. Her secret? Inexpensive—she's possessed KFC and started an "Animal Rights Day" at her school—coupled with the eye of the more than 250,000 online voters. "We wanted to give the vegetarian guy and girl one more chance to show that being cruelty-free is easy and fun," a PETA spokeswoman says. But when isn't it? Sharpe says. Guys who fail. "These [acting] guys about shavings and animal," stressed Gwyneth Paltrow weren't he getting a date.

HOLDEN SEGOUS TWO-TIME SEASON HAWK MONEY, TIME TO SPARE

His mother is old Canadian money, his father an Olympic gold medalist. So if Holden Segous hasn't yet lived up to his potential as a tennis phenom, observers say he still has time—now to maintain family Segous is the first born son of Carling Beckett Segous, granddaughter of Baron Broadcasting baron John Beckett and great-granddaughter of brewery founder Thomas Carling. As a third tennis-playing Toronto teen, she became the *Anna Karenina* of the 1990s. Segous' father Robert was doubles gold in Seoul for the U.S. and four grand slam titles. Holden picked up his first racket at two and reached No. 1 in a junior at 14. Then a growth spurt sidelined him for two years. Now 18 and six foot one, Holden—named after J.D. Salinger's hero in *The Catcher in the Rye*—yearn to go. But will he fill his parents' tennis shoes? "Only time will tell," says the U.S. Tennis Association's Lew Beebe.

TOM COCHRANE ALL-NIGHT RIDER RETURNS AFTER DETOUR

Fifteen years ago, singer-songwriter Tom Cochrane's life really was a highway—fast-moving, packed-on-melons, days-off-every-eighteen-a-different-hotel. Today, the 53-year-old's days are more like the thousand-mile trek to his home south of Perry Sound, where, after he last released an album's worth of new material—he's recording his latest offering, *The Album*, called *No Stranger* and due this fall, in his first on-line record after decades with BMG Canada—making him the only Canadian artist to have a new album in a year and a half. "This record is a more raw and honest kind of expression than the last one," says Cochrane, who also plans a tour that'll put him back on the highway and return him away from his two beloved dogs (who prefer the cottage trail).

MARY CHERNEY SHE SOUNDS SO MUCH LIKE HER FATHER

After Mary Cheney, the U.S. vice president's daughter, told her mother she was gay, she begged her dad and said, "When I told my father, he words out after months were exactly the same I wanted to hear." Mary writes in a new memoir, *Normality*, "I'm my father and I love you and I'll stay with you to the end." Dick Cheney told her: New 17 million AOL account. Cheney writes that she drove her job to the Bush-Cheney '04 campaign when Bush called for a conservative amendment against gay marriage (something her father opposed). She stayed because "I love my Dad." But she was disgusted when Senator John Edwards made her sexuality a campaign debate. With Edwards' victory right at her, she switched the vice-presidential pick to the more biologically appropriate Cheney her father had used on a crisis on the Senate floor. Life after, like daughter.

CONRAD SCHMIDT GET NAKED AND RIDE A SEX, COMRADES

A few years ago, when Conrad Schmidt, 33, was still a software engineer, he told his boss he'd be working Friday as exchange for less pay. His boss agreed. A South African who lives in Vancouver, off his abhorrent salary by doing his job. With 20 car cents and with a permanent long weekend, Schmidt realized he was working less for more money—a rare moment that led him to write *Witches of the World*. A manifesto due out this month. A four-day week, argues Schmidt—now a full-time actor—would benefit unemployment, reduce waste and lengthen lives. Besides, he says, have the same effect—partially why he's ridden naked, which thousands now do on World Naked Bike Day, an anti-dependency protest Schmidt started three years ago that's now gone global. Says Schmidt, "We have to show laws that people can break if they can put gay ride naked on the city."

SIRIPORN THIAVEESUEK BOXING LOSS KEEPS HER CLOSE IN PALACE VARSITY

When Thai boxer Siriporn Thiaveesuek says she plans to fight her way out of prison, she means older than her jail. The 23-year-old mother, who has served more than half of a 10-year sentence for drug charges, was sentenced early release if she won her challenge for the World Boxing Council heavyweight title, held in an arena at Bangkok's King Prajarn Prasit. Though she lost the bout to defending champion Natsuko Kikuchi of Japan, another shot off reduce her term for good behavior. Thiaveesuek is one of several women who participate in a boxing program aimed at rehabilitation. "I think it's great to give people in jail a chance to have some success," and reform Bruce McTavish. She is also the second inmate to face Kikuchi, 31. "I think my father that doing her hopes to be free from jail sooner," Kikuchi said, "but as a sports woman I have to fight to win."

KATE MIDDLETON FIRST FEATHER, THEN MAYBE A TIGAR?

The transition from miss-a-quarter to royal consort is never easy. Just ask Camilla Parker Bowles, whose marriage to Prince Charles was years in the making. Now Prince William's girlfriend, Kate Middleton, may have been a reprieve of sorts from the Duchess of Cornwall's 23-year-old daughter, Laura Parker Bowles, whose marriage to Harry Lopes, a Calvin Klein underwear model, came to an end, recently because the first lady's wedding she's been allowed to attend. Otherwise say the news signals that Middleton, 24, is moving over next to a royal wedding herself (she is, judging by her attire, a different model of this royal Middleton, who along with her 21-year-old beau had been married by coach wearing an impeccable feathered hat.



LEFT TO RIGHT: HELEN YOUNG/FLORIANE; GUY AND PAUL COOPER/STYLING; GUY AND PAUL COOPER/STYLING; GUY AND PAUL COOPER/STYLING

LEFT TO RIGHT: GETTY IMAGES; SCOTT HALLMAN; GETTY IMAGES

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COURTESY: JAMES LIPP; GUTTY IMAGES; NO CREDIT: NO CREDIT; GUY AROGETT

THE DAWNING OF A NEW DEI

Will The Da Vinci Code rehabilitate a maligned Catholic group? For filmgoers, it's the puzzle within the puzzle. BY BRIAN BETHUNE

film

Every pop culture phenomenon, especially when retreating toward its most advanced form—the Hollywood blockbuster—comes accompanied by side drama. For all its assured success—three years on the bestseller lists, 40 million-plus copies sold—*The Da Vinci Code* is no different. As always, there are those whose very existence the book seems to validate, like the 53 per cent of respondents who told one poll that the Code had helped their “personal spiritual growth and understanding,” or those angling for their piece of the action, such as the plagiarists (dozens) and travel agencies offering Code-themed tours of Paris (not to mention the mass media). And then there are the aggrieved parties whose existence is denied.

No one said nothing has been bloodied by Dan Brown's novel more than Opus Dei, the secretive and (formerly) secretive Roman Catholic group that's home to some of the Code's bad guys. For most of its 78 years, Opus Dei (the name means “the work of God”) has been the most controversial society within the Church. Although it's dedicated to the idea of bringing spirituality to the workplace, a tribe of its members, known as *cooperators*, are sworn to celibacy and live in special Opus Dei residences. The society's traditionalist beliefs and practices involve an almost visceral repugnance among many liberal Catholics. Brown didn't create Opus Dei-phobia, as any number of plagiarists might happily testify; the Code didn't invent anything. But, as he did with the notion that Jesus and Mary Magdalene were husband and wife, Brown certainly broadened his canvas to every corner of the globe. In so doing, his novel, which seemed poised enough in 2004 when its sales peaked first



SCENES FROM THE FILM, REV. THOMAS SHANNON OF NBC'S *Meet the Press* in April 2008

forced the cancellation of a long dead priest in France, ultimately pulled off something even more remarkable: it got the notoriously recent group talking.

In January about a dozen men, Opus Dei's Code task force, met at its headquarters in Rome to discuss the film's May 19 release. There were two representatives from Spain, the group's heartland and home to 15,000 of

its 15,000 members, recall. Mayr Fiol Delas, Opus Dei's vice in Canada, “plus a French guy and two Germans, two Americans, a few Italians—and me.” Delas says he was called to partly because he's from North America, the continent where the novel's effects have been most explosive; in Europe, Delas adds, “people have a deeper grasp of history.” And partly because “my folks in Rome seem to think I'm an expert.” That reputation drew from Delas's chance encounter in Montreal with a sympathetic journalist, Robert Scully, in 2003, back when “we were all still bewildered” by the media storm. Scully advised Delas to reach out to the well-connected Michael Levine, Canada's leading entertainment lawyer, for help in the coast-to-coast tour. “He's been fantastic,” witnesses Delas, “opening doors for us in Hollywood and a door changing as a result.”

Although these doors didn't lead directly to the film—Opus Dei has never had a face-to-face meeting with *The Da Vinci Code*'s director, Ron Howard—they did provide access to other industry figures whose advice changed the group's thinking. “One guy, in March 2004, told us we couldn't pay for this level of coverage. He was the first to make the inaudible connection—you know, ‘when life hands you lemons’—that became our joke name for what we decided would be an outreach response. Operation Lemonade wouldn't be us, Opus Dei, emptying, but us telling the world what we were really about.”

So an organization that was once adamant about protecting “spiritual privacy” is now openly discussing its mission as the world. Officials co-organized with American journalist Julia Allen, whose 2005 book *Opus Dei: An Objective Look Behind the Myth and*

Reality of the Most Controversial Order in the Catholic Church was the first to depict Italy by an outsider. *Opus Dei* resonated with modern cinema and freely gave interviews. The group even trumpets its members' successes, particularly when they act abroad. *Do You Know What I Mean?* shows *Opus Dei* entrenched within and right wing politics. The recent election of physician Paolo Berlusconi, a full, cell hair surgeon, to the Italian Senate, says Dolan, means that "two of the most visible *Opus Dei* politicians in the world—Bianchi and Raffi Kelly, Labour minister of education in Britain—now wear a member who belong to centre-left parties."

The outreach has had its benefits—one New York member said that every time a news article appeared in the media. "The next day we got ten emails saying, 'I want to join *Opus Dei*!'" But what about Howard and his 100,000 other *Opus Dei* members to focus on the past, *Opus Dei* is far from indifferent to the media. And it has no idea what to expect. Sony Pictures Entertainment's *Analogue* website, www.analogue.com, a joint project of Sony and Grace Hill Media, a Hollywood-based consulting firm that has worked with religious conservatives and studios on marketing 20 potentially controversial films,



is a century-impressive looking. It often first manifests for Christian missions and links to a long line of experts—including *Opus Dei* author Allen and Douglas Cowan, a religious studies professor at Ontario's University of Waterloo—who neither do it, give a hint of what's actually in the film.

Opus Dei hopes aren't high. After sending two letters to Sony and its subsidiary Columbia Pictures pointing out "horrific" or "offensive" moments in biblical religion, "Sony's letter," records a modest Dolan, "reads, 'We are to represent the novel with taste, intelligence and sensitivity.' They may pull it off, who knows? But it would take a miracle." And Howard's public presence isn't so much on the far, but as a genuine conspiracy of the occult, when, in fact, doesn't mean to say, "In choosing to take this novel to the screen you also have to ask yourself if most of the questions that the book poses to the reader?"

Of course, the idea of a *Do You Know What I Mean?* actually approves of its resonance of the famous Ringling exchange in *Prize and Prejudice*. Second both would be an "reach more rational if conversation instead of dancing were made the order of the day," says the brother, "but not near so much like a ball!" If the film makers took out everything that troubled conservative Catholics, there would be no film to premiere at Cannes.

So *Opus Dei*, like the rest of us, will just have to wait. There are crucial points in Brown's story, the adaptation of which will show how—if at all—the film makers have responded to *Opus Dei*'s representatives. Critics and the plot course—fingers who already know the novel by heart, say—can enter into the spirit of the thing by not siding in a *Do You Know What I Mean?* game by peering close attention to those background stories. The object of the game? Decoding just how

DAN BROWN PULLED OFF A REMARKABLE FEAT: HE GOT THE EVER-SECRETIVE SOCIETY TALKING



DOPE: The private (left) is based in Rome, not the NYC office (above) as Brown wrote

deep into Dan Brown's conspiracy mind novel Howard ultimately remained himself. First up, naturally, *scholar*, the real-world *Opus Dei* mission, a drugged, misanthropic alienist monk who lives to pass between meditation to whip himself bloody or tighten the flesh-piercing barbed strap that he (like all real-life members) wears around his thigh. There, it's only enough from *Opus Dei*'s perspective, little that can be done about films, who

is absolutely central to the story. Brown's already appeared—in all his members' glory—in the film's trailers. And it seems a shade politic to point out that there are no monks in *Opus Dei*, when what the group would really like to screen from the readings is that there aren't any homicidal maniacs either. Perhaps, when it comes to the scene to be iconic about of *Opus Dei* members in their "discipline"—the small, quiet, right around why that members' employment is a work—Howard could do down Brown's blood splatters. The discipline, Dolan says, is "uncomfortable rather than painful—no blood at all."

Brown's error screen take on *Opus Dei*'s "world" headquarters in New York (actually its American headquarters) offers room for easy improvement. His description of Marry Hill Place gives it a point of US-47. Men enter through its main doors, women must enter via a side street and are always separate "acoustically and visually" from the men. Female subunits clean up after the men for no pay, sleep on the floor (also have some mats), and endure even more regional identification. Marry Hill's penthouse apartment is the home of Bishop Maxwell Atangaosa. *Opus Dei*'s head and member of Brown's gleefully named characters (Atangaosa means "red burning" in Italian). All of this is wrong, though it's if no one



part to do more than the real head of *Opus Dei* lives in Rome, or that the Manhattan building actually cost US\$69 million, a figure Brown would have used had he bothered to research it, since his plot was the group's supposed world wealth (Marry Hill Place, in fact, came from a single bouquet of US\$79 million in pharmaceutical stock in 1997, before that, *Opus Dei* was struggling to raise funds for a three-story suburban center.)

But Howard could have corrected Brown's hand himself about Venice in *Opus Dei* to save a little good will with Catholics. The scene does have a superior residence in Marry Hill—members are offstage, after all—but run and wear strange throughout the common areas, and use which have set of doom is more consequent. The housekeeping isn't as fierce, true enough, but they are paid. Nor are all *Opus Dei* women fully engaged to bed-making, as the examples of Ravello



What your Denturist needs you to know about WINNING THE LOWER DENTURE CHALLENGE

Adjusting to new lower dentures specifically complete lower dentures can be a challenge for some patients. Your Denturist, the Denture Specialist, will help to ensure optimal fit of your new lower denture and will discuss with you how lower dentures enhance your ability to chew your digestion and function with your upper dentures.

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Perseverance is Key

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The smaller the size of your gum the greater the challenge of wearing lower dentures, since this can limit the base on which to build them. In such cases it is especially important to design a denture that will maximize the use of the remaining ridge, in order to stabilize the denture as much as possible. Thinner skin and regular bone structure, together with lack of suction, can lead to initial sore spots in your mouth. Your Denturist will work with you to adjust your dentures to achieve maximum comfort.



What to keep in mind when choosing lower dentures:

- Unlike an upper denture, which is held in place by suction, a lower denture rests on the horseshoe-shaped ridge at the bottom of the mouth.
- If you have never worn a lower denture, it may initially feel that your tongue has less space to move in. But once you start wearing lower dentures, your tongue will adapt to sharing this space.
- The smaller the size of your gum the greater the challenge of wearing lower dentures. It is especially important to design a denture that will maximize the use of the remaining ridge, in order to stabilize a lower denture as much as possible.

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and Kelly reveal. A single shot of men and women leaving Murray Hill together would show that Howard has been leaving. Or he could simply avoid setting scenes like the one at his family visit to the Cade's place, just as he could avoid other scantly gossamer issues,

DEI HAS NO MONKS, BUT WOULD MAYBE RATHER CLARIFY IT HAS NO HOMICIDAL MANIACS EITHER

His Brother's Keeper that Opus Dei-buffed Pope John Paul II into making the group's personal relations outside of local bishops' control.

On the other hand, images of sex-specific personae in the film might indicate the director has become a true believer in his source material. That would set things up nicely for the inclusion—or not, as Howard chooses—of the novel's single maleist anti-Opus Dei line, the last words of one of St. John's victims: "Jesus had but one true message. I cannot see that message in Opus Dei." Up to that point Howard could easily trust his mad monk in the same way Hollywood has traditionally portrayed evil government agents, as rogue elements in essentially benign organizations. He might do the same here, as he could have faithfully to Brown's six Christian history.

Reviewing also those lines has led some commentators to tentatively predict the movie won't identify its villain, leaving all the mayhem to the hands of an anonymous Catholic sect—that was what and buried high bonds in its segregated New York diocese. It's a bizarre notion, rather like a remote Swiss Private Eye in which Allied forces storm Nazi-ruled beaches defended by an enemy left unnamed, at least as long as everyone is willing to ignore the Jewish flag waving overhead. Opus Dei's Dahan can hardly suppress a snort of derision. "What would be the point? Everybody and his brother, and I mean everybody, knows we're the bad guys."

Opus Dei, of course, is rarely the most visible (and outrageous) of the many groups who have a love to pick with Brown. There's the Passion church of St. Sulphur, the location of several key moments in the De Vini Code. Is a now-familiar paragon for Brown readers, the novel has got just about everything wrong about St. Sulphur. (Or, to be more charitable to Brown's intellect than to his ethics, he deliberately misled what he knew to be nonsense, some of it vicious, in the interests of furthering his plot. Strangely enough, however, few of Brown's legion of critics ever accuse him of mendacity.)

In St. Sulphur, it is true, as Brown writes, that the windows at both ends of the church transept display the letters P and S. But those are the initials of its patron saints Peter and Sulphur, not of the Priory of Sion, the fictional secret society that guards the true secret of the Holy Grail. There's no evidence the church was erected on the site of an ancient temple to Isis, and the brass line in the floor is not a remnant of the old Pythagorean meditation (which actually was about 100 m to the east). In 2001, addressing his church members by various Code facts, Paul Browne, St. Sulphur's territorial primate, posed a note correcting what he called "blasphemous allegations." He refused to address the issue again. The following year church authorities denied Brown permission to film there, a blow in a film that will find much of its appeal by its visualization of the art treasures and architectural wonders featured in the novel.

As for the novel's lengthy silly sections, stuffed full of historical (and information), Howard could kill two birds with one stone—improving his flawed and placating the poison—by cutting the history lessons to a minimum. He can correct the minor mistakes (everything from having a French king lead the first Crusade to Brown's ignorance about the contents of the Dead Sea Scrolls), and quietly drop some of the larger clunk—particularly the grotesque insertion that the Kansas Catholic Church (and it alone) "burned at the stake an astounding five million women" for the crime of witchcraft.

But, along with murderous Sales and Christ's message, the novel's fantasy will accurately remain: some 17 centuries ago, the early Catholic Church, driven by the twin motives of hatred for women and lust for power, viciously suppressed the truth about Jesus, ordinary mortal and husband to Mary Magdalene, and elements within the Church are still at it today. Without that, there's no *De Vini Code*.

Opus Dei has crafted its bottom line as a recognition of that fact: "Putting aside the parts aimed at us," says Dahan, "what really burns is the denial of the divinity of Jesus." The group, "in this stage of the game," according to Dahan, would settle for a simple statement of fact, a counterpoint to the notorious declaration that prefaced the novel: "All descriptions of events, architecture, documents, and secret rituals in this novel are accurate." Opus Dei's Tokyo office helpfully provided some suggested wording in an April 6 open letter to Sany shareholders, directors and employees. Sany, the letter said, should start the film with a disclaimer making it clear that this is a work of fiction, and that any resemblance to reality is pure coincidence.

Don't miss the opening credits. ■

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film

Hurricane Katrina
August 29, 2005

LIKE THE BEST SERVICE TEACHER WE NEVER HAD, GORE DELIVERS A SPECTACLE OF SHIRTING ICE CUPS, MAKING GLACIERS AND CLIMATE CHASE

Now with the weather—Al Gore

The man who was almost president makes global warming a hot-button issue in Cannes

BY BRIAN D. JOHNSON

Six years ago, by the time *Al Gore* was—then lost—to George W. Bush in the most narrowly contested presidential vote in American history, he had been typecast as a bore. But on May 20, Al Gore will be fixed with movie star glitz as he hits the red carpet at the 58th Cannes International Film Festival. The former U.S. vice president is the focus of a documentary devoted to his traveling slide show about the perils of global warming—a crusade that has obsessed him since his college days in the 1960s. Gore has delivered the show over 1,000 times. Now director Davis Guggenheim, executive producer of HBO's *Deadwood*, has turned it into a surprisingly captivating film called *The Inconvenient Truth*.

This is PowerPoint cinema gone big time. Backed by Oscar-winning producer Lawrence Bender (*Good Will Hunting*, *Pulp Fiction*) and Jeff Skoll's Participant Productions (*Spirited Away*, *Good Night, and Good Luck*), like the best secret teacher we never had, Gore employs a bit of photomontage, charts and cartoons to deliver spectacle of shirking ice caps, melting glaciers and climate chaos. But the film does an intricate portrait of Gore, who comes across as warm, engaging—even funny, in the media his role as the man who was at most generous. Before leaving for Cannes, Gore, 58, talked to *Maxwell's* in Toronto.

Q. Is watching your performance in this film, I can't help thinking that if people saw this side of you when you were running for president, the results might have been different.

A. Well, I think the way one is perceived through the films that are made for part of a presidential campaign gives an inaccurate

impression. You have people out there already trying to present a hostile caricature, and sometimes the caricature gets out more than the reality.

Q. Global warming didn't loom large in your campaign. Was it not politically expedient?

A. The media did not see it as being on the A-list of issues that would trigger stories. I would devote even more time and speech after speech to global warming. Then afterwards, the question would immediately go to something completely different. There's another factor. My opponent in that campaign, then-governor Bush, publicly pledged to use the line on three reductions of CO₂. He said it was a serious problem and, if elected, he would do something about it. That

Q. His point was that scientists are unanimous that CO₂ has accelerated global warming, with 208 peer review papers agreeing, and zero dissenting. But 15 per cent of our scientists claim that global warming is unproven. How do you account for that disconnect?

A. In recent years there have been big changes in the news media. A lot of reports have been false. The news budgets have been cut. The pressure to blend entertainment values has been very strong. There are fewer

options under more pressure. That makes them more vulnerable to using the classic shortcut of false balance, saying, "The earth is warming according to science, but there are some who think the earth is fine."

Q. *Evolution is now just as the No. 1 threat to civilization as we know it. If you were president, what would be your priority: a war on terror or a war against global warming?*

A. They're both deadly serious and deserve attention. I'll answer your question in a slightly different way—by saying if I'd been president after 9/11, I hope that I would have handled the same date afterwards as well as President Bush, in rallying the country and sending troops into Afghanistan. But he began to make catastrophic mistakes immediately after that. What would have allowed us to let the country to get rid of our dependence on

I HOPE IT WILL BE SEEN AS A SEXY ISSUE. I HOPE IT WILL BE SEEN AS AN URGENT ISSUE. SEX AND URGENCY SOMETIMES GO TOGETHER.

oil and coal, just west of the development of a new generation of technologies that make it easier to stop destroying the planet's climate, and create jobs in the process.

The Iraq war is now predicted to cost as much as one trillion dollars. A tiny fraction of the war's expense would finance a massive transformation from our energy source to renewable ones. I think the American people would have followed a president who called

WE'RE STALKING... DENISE RICHARDS

The actress must be happy that a jailed pimp is doing her dirty work—Jason Lister claims Richards' former husband Charlie Sheen paid girl to climax up as cheerleaders and do a "million sex" stunts. "He had" as he's claiming the wife parents for asking too many to spend time with their grandchildren. But neighbors of former friends Richards and Heather Locklear have taken the latter's side after Richards was caught kissing Locklear's estranged husband.



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WHenever Lucky (left bottom) appears on the show, he seems to suck life out of as-paired characters like Laurence (left).

Will you marry me/save this series?

King of the Hill has made changes to keep the show fresh. A lot of fans aren't impressed.

BY JAMIE S. WEISMAN • Fox's *King of the Hill* just ended its 10th season, and 200th show, with a gimmick episode: It featured Lucky, a new character voiced by rocker Tom Petty, prepping to Hank Hill's most Laurence. Other changes on the series are getting new jobs or even vanishing altogether. You could say that it's a case of a long-running show trying to shake things up and make changes—except that for *King of the Hill*, the problem may be that those changes are mostly cosmetic.

John Altschuler, who has executive-produced *King of the Hill* for the last five seasons, admits that the introduction of new characters is a way to keep the show fresh. “It really isn’t a matter of trying to shake things up as trying to avoid doing the same show again.” But so since season 9, *King of the Hill* has been doing the same show again at this point. Every season features several episodes based on a familiar formula. Hank’s son Bobby gets a new hobby; dad dismisses his father, and Bobby learns the real dad that father was right. This season we saw Bobby (becoming a clown, a professional, and an assistant to a professional poop scooper). These episodes were funny, but similar to episodes the show has done before, where Bobby got involved with things like male modeling or the jorgically Canadian, it was pointed out to the point of dog-dancing. Add in the dozens of episodes about the usual Hank’s conflicts with New Age lifestyle, and we have a show whose characters haven’t changed much since the first season.

Any long-running sitcom has the problem of trying to justify its presence on the air: what have they left to say about characters whose quirk has been explored over and over, is profitability the show would be dead if they changed too much? With *King of the Hill*, Altschuler and his producing partner Dave Krosby have tried to nibble around the edges a little by keeping the characters exactly the same but changing their surroundings a little. “What we realized,” Altschuler says, “is that it is important to keep the characters consistent, but that can become redundant unless you can put them in different situations.”

And so with Hank’s wife Peggy, the producers dropped her regular job (teacher) and gave her a rotating series of jobs: a journalist this season, a realtor next season. Altschuler explains, “We like using her to explore different situations through new attempts at finding the right job for her. This is a situation that many women so know find themselves in when the kids grow up.” But the characterisation of Peggy remains the same—a know-it-all who gets into trouble by overestimating her own intelligence—and that can make her storyline somewhat repetitive, as rich Homer Simpson, we’ve seen her get into this kind of trouble before in the old job.

The other way to keep a sitcom going is to add new characters in select episodes. “If we didn’t start integrating new characters,” Altschuler says, “the show would be over.” But the newest character, Lucky, comes off as more fun in the land of struggle, toothed, stereotypical redneck the show was originally set up to avoid (Greg Kinnear, the co-

creator, joked himself on “not doing the Ham”). A lot of *King of the Hill* fans have reacted to the addition of Lucky much the way Flinstone fans reacted to the little green alien the Great Gazoo.

The season finale was a reminder of what can go wrong with a new supporting character like Lucky: when he appears on the show, he seems to suck some of the life out of established supporting characters. Laurence, originally one of the four most important characters on the show (a representative of “inter-truth” culture with a fancy and vocabulary, new plays second fiddle to Lucky on the rare occasions when he appears. Other characters have disappeared from the show: Altschuler’s Cousin Mel, Hank’s hilariously anthropomorphic war-brother, hasn’t appeared in over a year. You could argue that *King of the Hill* has fallen into the trap of introducing new characters and characters instead of developing the old, familiar characters.

On the other hand, that may be enough. *King of the Hill* is still funny and still popular enough to get another season after this one. And as Altschuler points out, most people in Fox seem to think they’re doing fine. “One of the reasons the show is back for another year is that people have felt that the show is on track, get still able to deliver.” And if the pace of freshness is a rock star guest-voicing in a gimmicky season-long episode, well, most long-running sitcoms do a season-long episode eventually. ■



IRANIAN PRESIDENT'S LETTER ACCORDING TO TV

The letter contained three LOLs, a full dozen SMs and a full 16 DTs—eleven to Israel—which can be typed without the whole Hitler emotion. —Jon Stewart, *The Daily Show*

Ahmedinejad suggests that America's international adventures will draw it to blood and treasure. But on the plus side, if we make some enemies of this leader and send it to 20 other world leaders, we could make a killing. —Rick Camberly, *The Daily Show*



BUSTY IS GOOD, but back fat? Not so good, says author Denise Le. "Slap away from the jersey and head straight for the titts."

How to look 15 pounds thinner

A former style columnist offers tips on fat-camouflage underwear, shoes, tops and jeans

BY JULIA MCKINSELL • Got that "What is coming so disgusting here for you look in a bathing suit, women are better off in nursing bikinis than boy skirts and a bra top. Even certain performers (actors of cinema and my of the valley) will make you smell their arse, plus retail model Danica Lo writes in her dog-eared new book *How Not to Look Fat* Le's credentials on the subject are enough to say: At five foot six, she's never dipped below size 20. On most days, she's under 14. She undercuts the fat machine of looking fat. In high school, she brided on her prime when she couldn't find anything to wear.

She doesn't beat herself up and says the night she made a girl wear a year "I have working out," she wrote a "Thank you to K. What are you people supposed to wear to the gym?" This is not a rhetorical question. *Gym wear is given full consideration in chapter 14. Le, a former style columnist for the New York Post, has ideas on how to instantly appear "five, ten even fifteen" pounds thinner in everything from photographs to the dreaded Halloween costume. A French maid costume "may look slimmer," she writes, but it "covers the upper arse and butt," and "adding an apron can cover up a wussy pouch." If a wisp-happy friend at the party catches you off guard "Hold a very double chin in one second flat by pushing the back of your tongue up against the soft palate in the back of the roof of your mouth," she writes. "This turns up the muscles of your jaw and minimizes this fat hang-down."*

Chapter one relies on the essential underwear. If you feel fat, a thong suit going to help. It's time to invest in a drawer of "good old g-string panties," she writes. "There

are lots of great butt belly-blobber-chenge-underthings for every budget." And "just for you" she says, she's tried on dozens of pairs, giving special consideration to the ruse: have pretty cuts, and can drive for longness. *Flares Body Enhancer* Museum Control Underwear resembles g-string and will compress your waist and hips by 1.5 inches all around, she says. And JCPenney's firm control high-waisted thigh slimmers "left me looking like that the best butt in town."

Chapter two covers the top half, which will "melt or break your look," she writes. "As a rule, the more flattering top you can lay in is a solid-colored budget V-neck, three-quarter sleeve or slightly stretchy fine-gauge knit that slims your figure and ends right at the top of your hip." Le continues with three pages of noddle-the-tummy "Mock cartoonish" anti-fatting "Period."

Next up is back fat. "Betty's Good, Betty's Good. Back fat? Oh, no, no, good," she writes. "To camouflage back wits, step away from the jersey and head straight for the knits. From catwalk to cotton to merino to viscose knits, because their thicker textures they are more forgiving." And if you can't hide it, decorate it with a thong.

As for jeans, you're pretty much on your own. "Shopping for jeans is like trying to find Mr. Right—a totally aggravating, exhausting

and depressing experience." Nevertheless, Le suggests avoiding "Mom jeans"—"those high-waisted, puffy-cropped jeans that exaggerate all the problem parts. Avoid pleats, tapered legs and high-cinched waists." Blue Cuts is the current favorite brand among Hollywood celebrities, she says. "The back pockets are slightly raised and there are rips/seams above each cheek that make your rear look like one perfect, pretty peach."

Moving to dresses, pants, Le writes: "Too already know that pants are the work of the devil's spawn but pants are like an angel singing. A dress, knife-thin, straight down the front of each leg is terrific for slimming and slanting the leg." The pants chapter ends with a warning to purple and brown: wear heels with pants.

Le's shoe chapter also includes three pages of illustrations, so if you're not sure what the "universally flattering" D'Neely pump looks like, you can refer to her "dictionary of shoes." Le's rule is the chancier the leg, the chancier the heel. *Shoe class of shoes with ankle strap, she says. They reverse the leg from the foot and make legs look thinner and wider. For street sneakers, pick Converse. They make your feet look tiny.*

"Exercise if you must," writes Le, but for constant shivering, she swears by a 45-minute spasmodic known as Electro Muscle Stimulation. "After one session, I lost two inches from my waist and lower abdomen.... Then I ate pizza every day for two weeks straight." M



MOST IMPROVED: SNOOP DOGG

Snoop Dogg last week returned to Britain to own up to using "threatening words or behavior" during a brawl at Heathrow airport last month. Snoop and five others were arrested after a fight broke out when some of his party were denied entry at the British Airways first-class lounge. By formally accepting responsibility, Snoop will not face further prosecution, but he still won't be visiting the lounge. British Airways banned him.

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GEORGE REID HADDEN

1951-2008

'He was a very strong man and a doctor. He knew how to lift old people out of snowbanks.'

George Reid Hadden was born in Toronto on Dec. 11, 1951, to parents Jean and George Hadden. Reid, as he was always known, was still a raddler when his father, an insurance broker, was transferred to Ottawa. When Reid and his older sister Susan went to school there, says his mother, "Reid was so active. He played Little League. He was in hockey and football and he was good in school. Reid also liked doing puzzles. He would figure them out in his head. You know how kids take up a piece and try to place it? Not him. When he picked up a piece, he already knew where it would fit."

Reid had friends, Jean says, but he was a shy child. "If I had company at home, he wasn't too good at being sociable." But "he was forever bringing people home." His favourite was a rucksack boxer he named Moby. "We have many pictures," Jean says.

Reid met his wife-to-be, Cathy Lockhart, when they were both child crossing guards. "I had Woodruff Avenue," Cathy says, "and it used to go out with my little red sign and stop the traffic. Reid was my supervisor. He had his bicycle and he went from one post to another to make sure we were all there on time." She was 10. He was 11. Cathy moved to another part of town, and it was a couple of years before she heard from Reid again. On Halloween night when she was in Grade 8, a friend dared him to call her. Says Cathy, "He looked up my number in the phone book and we were never apart again."

By the time Reid graduated from Grade 13, he had decided to go to chiropractic college in Toronto. "He always wanted to be his own boss," his mother says. In April 1984, Cathy and Reid got married. They tried living in Toronto, but "I have to grow my own vegetables," says Cathy, by way of explaining that Toronto was too busy and too urban. And so, by 1979, Reid had set up his own chiropractic business in Kemptville, then a hamlet halfway between Prescott and Ottawa, where his dad had opened an insurance business. When he wasn't working, Reid took up gourmet cooking.

Cathy and Reid had three daughters, Katie, now 29, Liz, 23, and Trish, 24. Their home was a sprawling 3676 square-foot house across the street from the Anglican church. They eventually bought two acres of land from their next-door neighbours, Ben Flannery. Their

backyard went down to Kemptville Creek. "When we bought it, the house was a disaster zone," Cathy says. "Our family room was a chicken coop. Bringing the place back from dicky-dicky has been our labour of love for the past 20 years." Says Jean, "Reid was always doing things around the house. He found the original number in that house—11 men by ones in the ending. He loved figuring things out."

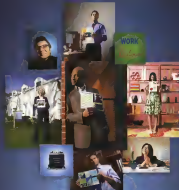
Reid also loved to be busy. At various times, he served as a town councillor, a member of the police services board, and a trainer for the Kemptville 716, a local Junior B hockey club. Says town manager Mike Valente, "He was the type of person, who, if he decided to do something, he did it 110 per cent." Says mayor Ralph Ranta, "He contributed a lot to the town. He was progressive—for people so that the majority of people on council."

In the mid-'90s, Reid was tired of the chiropractic business. A lifelong stress buff who would go cars, run every morning on a treadmill and lift and weights, he was sick of interviewing so many clients with back problems. He opened his own dining school, *Levi-Way*, and taught high school students and widows of local farmers. Along the way, says neighbour Flannery, he always helped out when one of the residents from a nearby old folks home would go missing in the middle of the night. "He was a very strong man, and being a

doctor, he knew how to lift them out of snowbanks," Flannery says. Not two weeks ago, Cathy says she told him, "Would you slow down? You're not 35 anymore."

Cathy and Reid survived their share of tragedy. In 1999, in New Year's Eve, their daughter Trish was badly injured and by a drunk driver on the road in that crippled Zoe Chiles, the young woman whose plea to see the hosts of a party was turned down last week by the Supreme Court. In 2001, Katie's husband, James Burnette, disappeared after his SUV crashed off a washed out bridge north of Whistler, B.C. Katie and James's son, Cole, became Reid's grandson. "The two of them together was very nice to see," says Jean.

On April 16, Reid was reaching a 36-year-old jubilee at the banks of Ottawa. "He had a slip of water," Cathy says. "He coughed. She looked over and he was gone." Flannery couldn't believe him. Reid Hadden died of a heart attack. He was 56. **BY BARBARA ROBERTSON**



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